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IN ENEMY TERRITORY

Ottawa Senators defenceman Erik Karlsson takes part in the team's practice Wednesday in Montreal. For more on Thursday's big game between the Sens and the Habs, see Sports, page 29.

RYAN REMIORZ/THE CANADIAN PRESS

DO YOU HAVE THAT CERTAIN ZIP?

HIT THE MALL IN YOUR SENS-FAN FINEST AND YOU COULD WIN

PAGE 3

Defence pokes at witness's memory at police-brutality trial

Sandy Hill incident. Attorney questions how woman can remember seconds-long incident but not six-hour car ride

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Defence attorney Michael Edelson on Wednesday picked at the testimony and credibility of a young witness who alleges two police officers brutally dropped a drunk, homeless man face-first onto a street in Sandy Hill in 2011.

"Is it disrespectful to ask why you're asking me about this?" 19-year-old River Doucette challenged Edelson as he asked her about her "complicated childhood" and took her back to 2011 when she accepted a ride to a music camp six hours out of the city from someone she recalled vaguely as the father of an ex-boyfriend. Edelson asked how she could have such a vague memory of something that lasted six hours, but remember minute details of an event lasting seconds.

"I didn't remember who I was driven to the camp by. It was two years ago," she said.

Edelson shot back asking how she couldn't remember a car ride that lasted six hours, but could recall seeing Ottawa police constables Colin Bowie and Thanh Tran trip and shove Hugh Styres' in an incident that she said lasted only seconds.

"It was traumatizing," Doucette said. "A car ride is not."

Moving on from the gaps in her memory, Edelson questioned the young woman's meeting with Carleton criminology professor Darryl Davies, whom Edelson described as a "vocal critic of the Ottawa Police Service and their conduct."

Davies advised Doucette and her mother, who will appear as a witness Thursday morning, on how to conduct themselves in court, Doucette said.

"He said this is definitely a big deal," she said.

She added that he told them, "Just know that you're doing something good for the community and they (lawyers) will mix up what you say."

Details of claims

- Around 6 a.m. on the morning of Aug. 13, 2011, Hugh Styres, who lives at a local shelter, alleges police broke his jaw, rattled his teeth and cracked his skull when they dropped him to the ground.
- He is suing the cops in a separate civil suit for $500,000.

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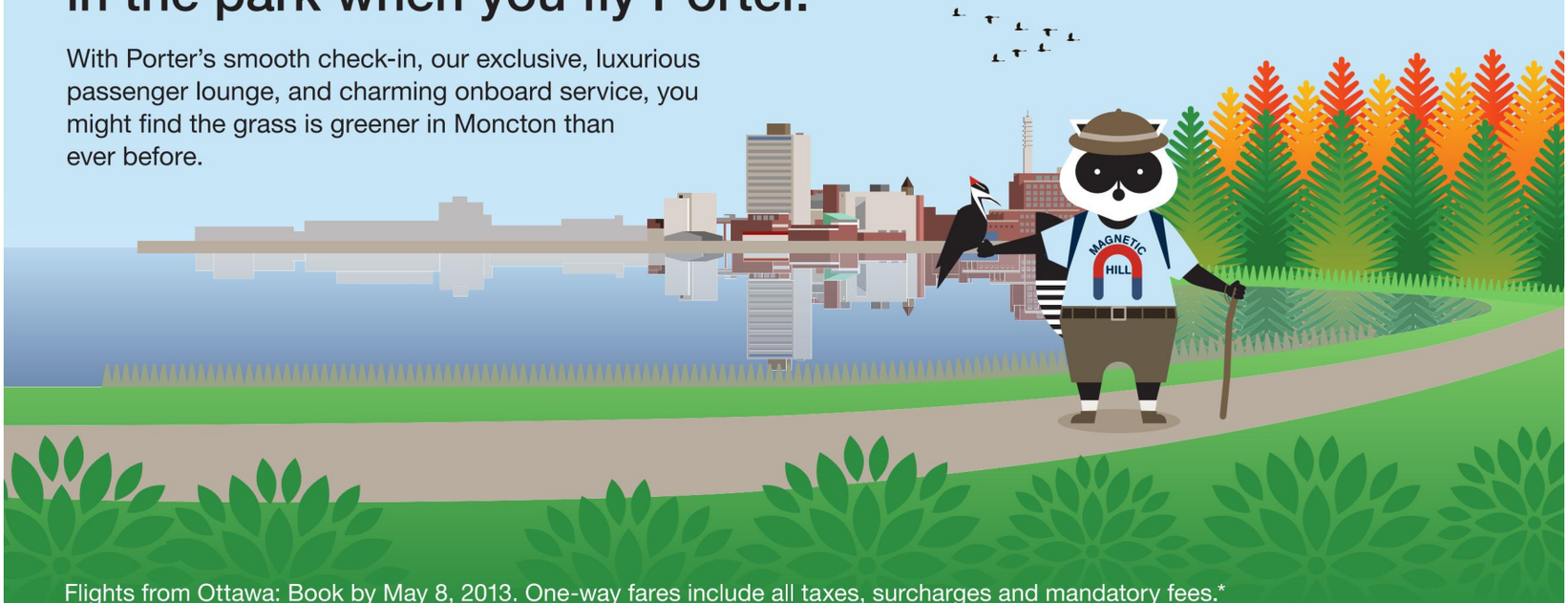

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Patient complaint

Psychiatrist charged with sexual assault

An Ottawa psychiatrist has been charged with sexual assault following reports of inappropriate touching of a patient, police say.

Police say the incident occurred at a medical office located in the 1800 block of Lenester Avenue.

A 37-year-old female patient complained to police March 29 that she was inappropriately touched by her doctor during medical appointments. The alleged incidents took place over a period of a year.

Dr. Mark Solomon, 76, has been charged with sexual assault. His next court date is May 9. METRO

Cites need for repairs

City turns down firm's offer to manage stadium

Marketing Breakthroughs said in a news release yesterday the City of Ottawa has declined their pitch to manage the stadium and open the facility to amateur baseball players and Little Leaguers.

Quoting an email from the city's general manager of parks and recreation, the firm said the city's "direction for summer 2013 is to facilitate some episodic programming throughout, but to keep the schedule fairly flexible to allow for repair work on the stadium.... We will not be looking to attract seasonal or league play or any organized activities that will require regular and continual use throughout the summer." METRO

'Game on!' Mall to set up big screen for Sens game

Playoff hockey fever is set to take over the Sparks Street Mall as officials will be setting up a giant, 12-foot-by-nine-foot television to let fans watch the Ottawa Senator face off against the Montreal Canadians Thursday night.

"It's game on!" said Les Gagne, executive director at Sparks Street Mall. "It's free to come down and join in the fun. Show your team pride for the chance to win great prizes. Don't forget your chair."

The big screen will be set up beside the patio of 3 Brewers Restaurant at the corner of Sparks and Bank streets, and Gagne said the best-dressed fan, could win a $500 gift pack from Sparks Street Mall and Ottawa Kiosk featuring a Great Canadian Bungee jump for two and a "Shop, Savour, Social Experience."

Gagne said the television, and prizes, are all part of the mall's ongoing efforts to add some zip to the shopping district. On Friday the mall will bring in carnival rides, including a 50-foot-tall ferris wheel and an art and sculpture display.

"Our whole philosophy right now on Sparks Street is to try to create a space that gives people a real chance to create a sense of community. This is the playoffs, it's hockey, it's something that everybody can rally behind."

Speaking of zip, Gagne says the mall's application to have a zip-line attraction will be handed in to city council by the middle of next week. METRO

Warm homecoming for Blais

Out of hospital.
Cumberland councillor wants to raise awareness, money in the wake of heart attack

ALEX BOUTILIER
alex.boutilier@metronews.ca

Cumberland Ward Coun. Stephen Blais gets a kiss from his wife, Marta, at their home in Orleans on Wednesday. Blais is back home, four months after suffering a massive heart attack on Jan. 6. MIKE CARROCCETTO/FOR METRO

Cumberland Coun. Stephen Blais is out of the hospital and at home after suffering a heart attack in January, and he's anxious to get back to the council table.

Blais was discharged from hospital Wednesday, almost four full months after he suffered a heart attack while at the gym on Jan. 7. It's been a long road to recovery for the 32-year-old councillor — one that will continue in the coming months with regular physiotherapy and outpatient treatment.

"I feel great, I really do," said Blais from his home on Wednesday. "It's fun to be home with (my son) and I'm anxious to get back to a more regular lifestyle."

Blais said he'd like to use his experience and his public profile to increase awareness about health issues with young people, as well as money for the organizations he credits with saving his life — the Montfort Hospital and Ottawa U's Heart Institute.

He's kept up with the goings-on around the council table (much to his doctor's chagrin, he chuckles) while in hospital, and thanked Coun. Rainer Bloess and Coun. Bob Monette for helping cover some of his duties in his absence. He said some issues have been hard to stay out of, including a proposed code of conduct for councillors approved by a committee last week.

"I was in one of the common rooms, and I was watching (the meeting) on one of the televisions, and more than one person came in and asked me if it was that boring a day that this was the only thing on," said Blais.

Blais doesn't know when he'll be back in his seat at council, but he expects he'll be popping in to a few meetings in the coming months. He also has no doubt he'll be running again for Cumberland ward in 2015.

"I've thought a lot about it, and I've had the conversation with my wife and my family and my supporters. We've accomplished a lot in the last two-and-a-half years, but there's still more things that we need to do," Blais said. "And I think I can continue to make a difference there."

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Pants puller. Man, 26, says sorry to sex assault victims

A man who terrorized women in Ottawa last spring with a spree of sexual assaults in which he pulled down his victims' pants in broad daylight as they walked alone, apologized to the city Wednesday.

"I am sorry," said Gavin Griffiths, 26, speaking in court to his nine victims before being sentenced to 10 months at the St. Lawrence Valley Correctional and Treatment Centre. "No woman should worry about leaving their home for safety reasons. I'm not an evil man."

From April 14 to his arrest in early May, 2012, the nine attacks followed a similar pattern, said judge David Wake from the bench. Wake said Griffiths was feeling angry and upset with women in general due to a breakup with his ex-girlfriend Charlene Lafleur and her attachment to a new beau.

"He took out frustration with his girlfriend on other members of the gender in a predator way," said Wake. "He was a stranger to them and they were attacked in broad daylight. The experience must have been terrifying for them as it occurred."

Griffiths also faces three years probation and the judge considered the year he spent in pre-trial custody as time-served. Griffiths' 28 prior convictions and inability to follow court orders played a role in the verdict along with the fact that doctors found his behaviour indicates he may have "pervasive developmental disorder."

Composite sketch of Gavin Griffiths
POLICE HANDOUT

His ex-girlfriend cried throughout the proceedings as she attempted to catch his eye, but Griffiths looked away. "He's really upset because I'm sitting here. I'm staring right at him," she said of why he kept his head down.

"I'm happy with the outcome. I hope he gets help," said one of Griffiths' victims as she left the courtroom. Her name is protected under a publication ban.

"Many of his problems have stemmed from mental health problems together with his own attempts to self-medicate with alcohol and illicit drugs," said Wake.

"The sentence must be tailored for denunciation and general deterrence."

GRAHAM LANKTREE/METRO

Police. Drop-off your unused prescription drugs

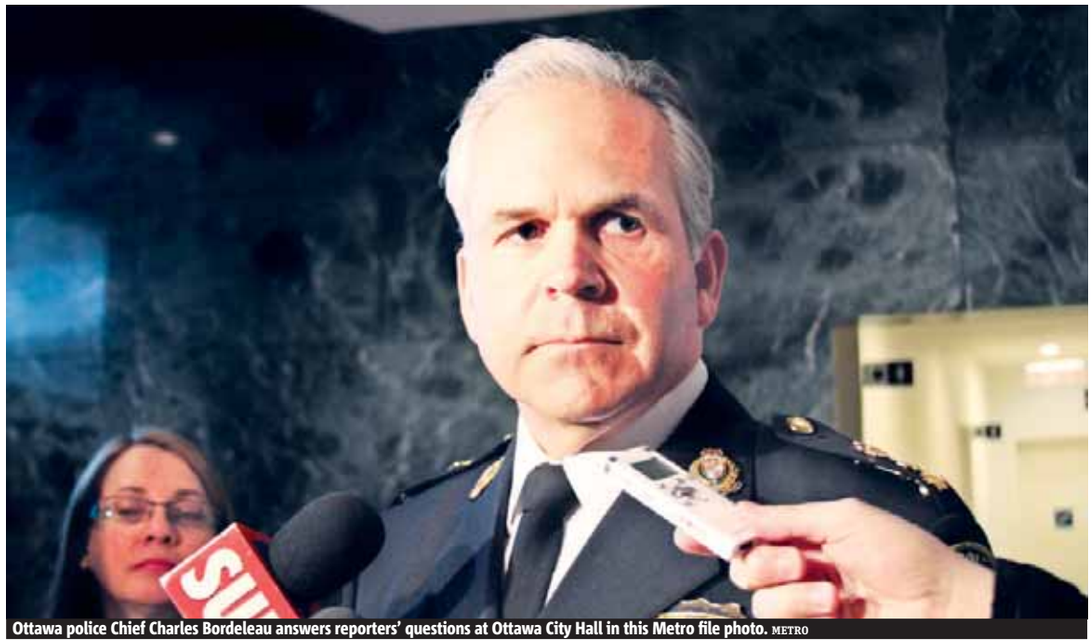
The Ottawa Police Service will be asking for your spare opioids and prescription pills at a Toys "R" Us parking lot next weekend.

The OPS is participating in a province-wide prescription pill drop-off program on May 11, asking Ottawans to get rid of unused or unwanted prescription drugs.

"You're well aware of some of the challenges we've had over the course of the last couple years with (oxycodine) and more prevalently fentanyl," said Staff Sgt. Mike Laviolette on Wednesday.

"So its a concern. And (the drop-off) program is not costing us a lot in terms of resources, and it's just for everyone's own good."

The drop-off will be held at 1683 Merivale Rd. from 11 a.m. to 2 p.m. on May 11. METRO



Ottawa police Chief Charles Bordeleau answers reporters' questions at Ottawa City Hall in this Metro file photo. METRO

Injection sites here?

Insite-style model.

Debate over whether city should spend money on treatment or harm reduction rages on

ALEX BOUTILIER
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Any decision on whether Ottawa should have a safe injection and inhalation site for drug users is up to the community, not the police, according to Chief Charles Bordeleau.

Bordeleau said Wednesday his position on the sites has not changed: He would prefer to invest resources on treatment, rather than harm reduction.

"I don't envy anybody being an addict and being reliant on drugs," Bordeleau said. "But I think those who are, we're better off investing (resources) on the treatment end of it to deal with their habit."

Campaign for Safer Consumption Sites Ottawa, a volunteer advocacy group made up of outreach workers, health advocates and community organizers, has been canvassing residents about their thoughts on safe injection sites, such as Vancouver's Insite.

CSCS's Chris Dalton said Ottawa has a serious health issue in the transmission of HIV, hepatitis C and other diseases among drug users. Insite's model, Dalton said, is a proven way of combating the transmission of those diseases.

"(They) reduce HIV, reduce overdose deaths, reduce drug litter in the streets," said Dalton. "These are things that I think resonate well with most people in Ottawa, and I think that people in Ottawa do care and they do want to help other people."

CSCS points to a 2012 study from St. Michael's Hospital and the University of Toronto that found one in 10 intravenous drug users in Ottawa have HIV, while more than half have hepatitis C.

The group hopes to start a public conversation about how to deal with these issues. Bordeleau, for his part, says any discussion of the "root causes" of addiction and how best to treat those dependent to drugs is productive.

"It's a broader community discussion that needs to take place, and something that's meaningful," Bordeleau said.

Diane Holmes, the councillor responsible for Ottawa's Board of Health, could not be reached for comment.

Quoted

"(Insite's model) reduces HIV, reduces overdose deaths, reduces drug litter in the streets."

Campaign for Safer Consumption Sites Ottawa's Chris Dalton on the benefits of safe injection and inhalation sites.

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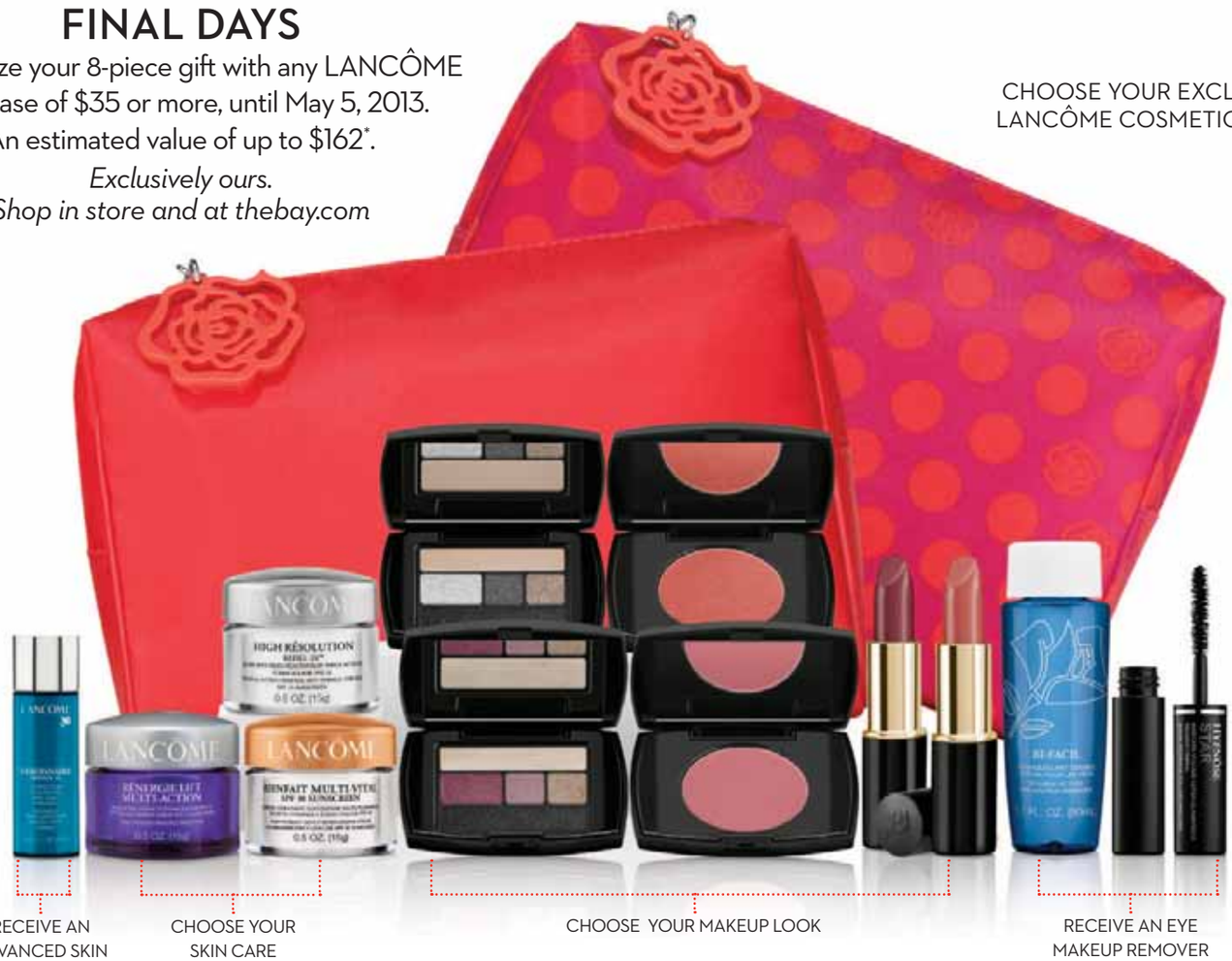

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Wanted: Action on wildlife plan

Species protection. Although policy paper calls for new biologist, education program, activist writes off draft as 'talk'

GRAHAM LANKTREE
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Beavers, turkeys and coyotes will still be killed at the hands of the city despite 11 recommendations laid out in a draft wildlife management strategy early this week, charged a local conservation group, Wednesday.

"Here's Ottawa continuing to kill the majority of beavers," said Donna DuBreuil, president of the Ottawa-Carleton Wildlife Centre.

DuBreuil, who is also a spokesperson for the Ontario Wildlife Coalition, walked away from a working group on the document last September after more than a year passed without a stakeholder's meeting.

"The real split here is that there are people within the city who are protecting the status quo," she said, stating that her group and other community stakeholders put "forward new ideas and wanted to do pilot projects" to look at ways of living in harmony with animals in urban areas.

"There was no support from the other agencies," she said. "They have fought for years without any progress."

The policy is now up on the city's website for public consultation and does offer some good, such as new education initiatives to teach urbanites how to live alongside the raccoons, squirrels and other creatures we commonly encounter in our backyards, DuBreuil said.

Yet she doesn't know how a new $100,000-a-year wildlife biologist position the city proposes will help to make any headway on the issue of protecting animals. "I can't understand what this person is going to do," she said.

However, the city's plan lists 13 responsibilities that post would perform, including the "assessment of beaver conflict sites and recommendation of appropriate management options" and creating a "pro-active response" to coyotes that live in and around urban areas.

Donna DuBreuil, co-founder of the Ottawa-Carleton Wildlife Centre, poses with a beaver mascot. GRAHAM LANKTREE/METRO

"Talk is cheap. We're going to judge the city on its on the ground actions," said DuBreuil. "When it comes to dealing with wildlife, Ottawa is a dinosaur."

Startup Canada hopes to give entrepreneurs a boost

Entrepreneur advocate Cheryl Draper GRAHAM LANKTREE/METRO

If you have a wild business idea you would like to see get off the ground, a new resource for startup founders in the city promises to help with the space, funding, access to mentors and support to get you flying.

"It's very confusing when you're starting up to get access to all those different resources," said Ottawa-based entrepreneur advocate Cheryl Draper, "you have to go to all these different sites and organizations. This is an opportunity to bring all those supports together."

From Charlottetown, P.E.I, to Prince George, B.C., this Thursday, 15 cities across Canada will see the launch of Startup Canada's Communities project.

In Ottawa, the plan is to bring known startup supporters such as Invest Ottawa, Exploriem and co-working space HUB together online in a one stop-shop for resource hunting entrepreneurs, said Draper, who spearheads Startup Weekend, a competition to create a new business in 54 hours.

"It's created by entrepreneurs for entrepreneurs," said Draper, pointing out that the idea for the project came out of Ottawa-based Startup Canada's country-wide tour last year. "Entrepreneurs were saying 'we need easier access to these resources,'" she said, noting that the new site will have something for entrepreneurs in the creative, social, tech fields and beyond.

"It's a central website that has been set up as a hub. We want to create a more connected, stronger community," she said. The site will point users to grants, upcoming workshops, office space and entrepreneur mentors.

Initiatives like Draper's own Startup Weekend project have a real world effect and create jobs where none existed before, she said.

Tattoo Hero, the winners of the second edition of Startup Weekend last November, are now forging ahead with the final stages of their business plan.

"They wouldn't have access to that unless they were part of this community support organization," she said. "We love this city and we're passionate about making it successful."

Join the Startup Canada Communities project launch online Thursday at startupcan.ca.

GRAHAM LANKTREE/METRO

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Whose lineup is it, anyway? City-run theatres split programs

Goodbye, Shenkman. Centrepointe touts big names for 25th anniversary season

JOE LOFARO
joe.lofaro@metronews.ca

As it marks its 25th anniversary, the Centrepointe Theatre is parting ways with the Shenkman Arts Centre this year by not combining their programming for the 2013-2014 season.

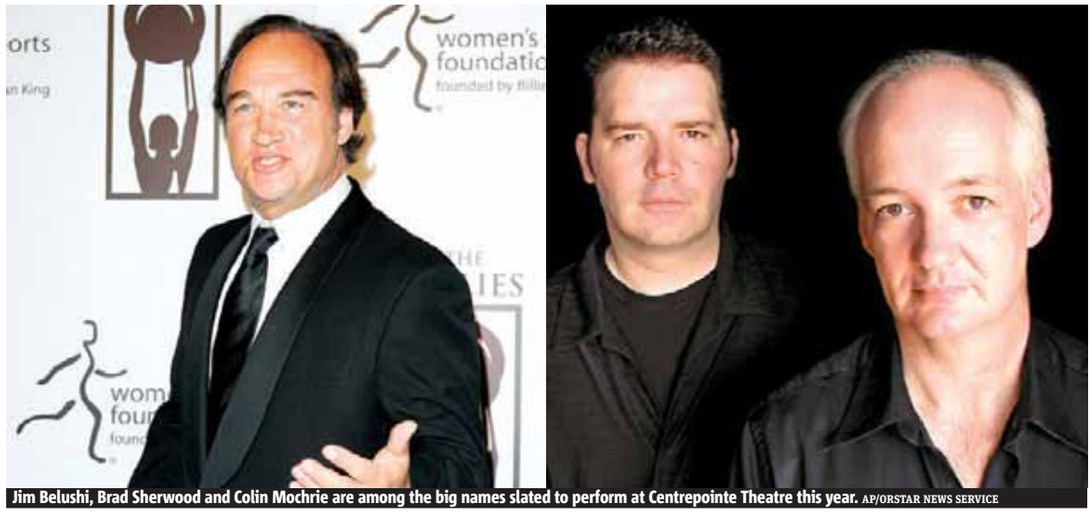
Centrepointe announced Wednesday it will celebrate by offering more music, comedy, and variety for ticketholders.

"We spent a lot of time looking at our data and listening to our audiences and we have made sweeping changes to how we program," said Allan Sansom, artistic producer and manager of Centrepointe Theatres, in a news release. "People asked, and we have delivered."

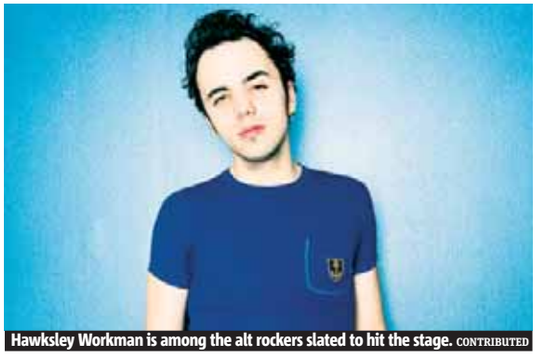
Guests will be able to see Arlene Dickinson from CBC's Dragon's Den for a question and answer session April 25, 2014, and be part of a live recording for the network's game show, The Debaters, on Feb. 11 and 12.

There will also be improv shows by comedy greats Jim Belushi, Brad Sherwood, and Colin Mochrie in 2014.

As for music, the Downchild Blues Band, which was portrayed in Belushi's The Blues Brothers movie, will play their classic tunes for audiences this November.



Jim Belushi, Brad Sherwood and Colin Mochrie are among the big names slated to perform at Centrepointe Theatre this year. AP/ORSTAR NEWS SERVICE



Hawksley Workman is among the alt rockers slated to hit the stage. CONTRIBUTED

Shenkman turns dial to alt rock

The Shenkman Arts Centre is putting the spotlight on alternative music as it returns with a new lineup for the 2013-2014 season.

The east-end theatre announced Wednesday the full programming lineup, with artists like Hawksley Workman, Chic Gamine, Elisapie, Autumns Cannon, Rykka, Ian Kelly and The Goodluck Assembly filling in the alternative genre.

Multi-Grammy nominated Ethan Russell, the only photographer to shoot album covers for bands like The Beatles, The Who and The Rolling Stones, is also slated to share his behind-the-scenes tales of working with the classic rock legends.

"Our audiences point us to the programming they like. The upcoming season reflects that," said manager and lead programmer Caroline Obeid in a news release. "Developing artists and supporting their trajectory is a big part of the Centre's mandate, and our audiences want to see them on their way up."

Comedian Andy Chapman and two other unannounced guests will put on the third annual New Year's Eve Comedy Night.

The Duffle Bag Theatre will also entertain little ones with three family-friendly performances retelling classic children's stories.

JOE LOFARO/METRO

More info

For the full 2013-2014 lineup, visit shenkmanarts.ca.

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Brit adventurer dies on Greenland's ice

Expedition. Man, 37, on a charity trek dies in the cold wind that sweeps across the eastern part of Greenland's vast ice cap

A 37-year-old British adventurer has died and two others with him suffered frostbite injuries as they tried to cross Greenland's ice cap on a charity hike, officials said Wednesday.

The British Foreign Office said Philip Goodeve-Docker died and two others on the trek remained hospitalized.

On Friday, the three-man expedition got caught by a strong cold wind that sweeps across the eastern part of the vast ice cap, according to Poul Petersen, a spokesman for the police in Greenland. A rescue helicopter was not able to reach the men until Saturday because of the bad weather, and by that time Goodeve-Docker was dead, he said.

The survivors were flown to Britain via Iceland after being treated at a hospital in Tasiilaq, 180 kilometres south of the Arctic Circle, Petersen said.

THE ASSOCIATED PRESS

Bears and deep crevasses

Goodeve-Docker embarked on the trip to raise money for charity.

- He described the 600-km trek as one of the great polar challenges, with temps as low as -50 C.

A 37-year-old British man has died and two others suffered frostbite as they tried to cross Greenland's ice cap, seen in this file photo. GETTY IMAGES FILE

Altitude problem. Truce called by brawling guides, climbers at Mount Everest

A truce has been reached between three foreign climbers and Nepalese Sherpa guides who were involved in a fist fight on Mount Everest, officials said Wednesday.

Two of the foreigners, however, returned to Nepal's capital and were undecided if they would quit their climb.

Tilak Pandey of the Mountaineering Department said a truce was reached at base camp between the foreigners — an Italian, a Briton and a Swiss — and the Sherpas on Tuesday.

Nima Nuru of Cho-Oyu Trekking, who equipped the expedition, said Swiss climber Ueli Steck and British climber Jonathan Griffith flew to Kathmandu by helicopter on Wednesday, and Italian Simone Moro also was planning to return.

Nepalese officials are investigating the fight, which both sides accuse the other of starting.

Steck and Griffith refused to talk to reporters in Kathmandu.

Sumit Joshi, a mountain guide from Sydney said by telephone from the Everest base camp that the argument started when the Sherpa guides, who were digging a path on the snowy trail, asked the foreign climbers to wait until they were finished. He said the climbers ignored them. THE ASSOCIATED PRESS

Climbers Ueli Steck, left, of Switzerland and Simone Moro, right, of Italy, with British photographer Jonathan Griffith. AFP/JONATHAN GRIFFITH/GETTY IMAGES

Jamestown, Virginia

Evidence of cannibalism among earliest U.S. colonists

Scientists revealed Wednesday that they have found the first solid archeological evidence that some of the earliest American colonists at Jamestown, Va., survived harsh conditions by turning to cannibalism.

For years, there have been tales of people in the first permanent English settlement in America eating dogs, cats, rats, mice, snakes and shoe leather to stave off starvation. There were also written accounts of settlers eating their own dead.

But now, the Smithsonian's National Museum of Natural History and archaeologists discovered the bones of a 14-year-old girl that show clear signs that she was cannibalized.

THE ASSOCIATED PRESS

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Friends of Boston bombing suspect removed fireworks from dorm: FBI

19-year-olds charged. Two of three students arrested were previously jailed on allegations they were in violation of their student visas

This April 20 photo shows the front tag on a 2006 BMW that a spokesperson from the Massachusetts Registry of Vehicles says is registered to Dias Kadyrbayev, who is charged with conspiring to obstruct justice in the Boston bombing investigation. One of Kadyrbayev's lawyers said the plate was just a joke gift from the 19-year-old's friends. ERIKA NIEDOWSKI/THE ASSOCIATED PRESS

Three college friends of Boston Marathon bombing suspect Dzhokhar Tsarnaev were arrested and accused Wednesday of removing a backpack containing hollowed-out fireworks from Tsarnaev's dorm room three days after the attack to keep him from getting into trouble.

In court papers, the FBI said one of them threw the backpack in the garbage — it was later found in a landfill by law enforcement officers — after the young men concluded from news reports that Tsarnaev was one of the bombers.

Azamat Tazhayakov and Dias Kadyrbayev, both 19-year-olds from Kazakhstan, were charged with conspiring to obstruct justice by concealing and destroying evidence. Robel Phillipos, 19, who graduated from the prestigious Cambridge Rindge and Latin High School with Tsarnaev, was charged with lying to investigators about the visit to Tsarnaev's room.

The three were not accused of any involvement in the bombing itself. But in a footnote in the court papers outlining the charges, the FBI said that about a month before the bombing, Tsarnaev told Tazhayakov and Kadyrbayev that he knew how to make a bomb.

Authorities allege that on the night of April 18, after the FBI released surveillance-camera photos of the bombing suspects and the three men suspected their friend was one of them, they went to Tsarnaev's dorm room.

Before Tsarnaev's roommate let them in, Kadyrbayev showed Tazhayakov a text message from Tsarnaev that read: "I'm about to leave if you need something in my room take it," according to the FBI. When Tazhayakov learned of the message, "he believed he would never see Tsarnaev alive again," the FBI said in the affidavit.

The lawyers for the Kazakh students said their clients had nothing to do with the bombing and were just as shocked by the crime as everyone else.

If convicted, each of the accused could receive a multi-year prison sentence and a fine of up to $250,000.

THE ASSOCIATED PRESS

Russian connection

Box bomb kills teens in Dagestan

A bomb exploded Wednesday in a busy shopping area in the capital of Russia's restive republic of Dagestan, killing at least two people, police said.

Two teenage boys who tried to open a cardboard box left near a store were killed when the bomb inside went off, police said.

The explosion in the city of Makhachkala also wounded an undetermined number of people, said the republic's interior ministry. She had no further details about the bomb.

The Islamic insurgent hotbed is home to the parents of the suspects in last month's Boston Marathon bombing. One of the bombing suspects who was killed in a shootout with police, Tamerlan Tsarnaev, paid a long visit to Dagestan last year. Investigators are trying to determine whether he had contact with extremists there.

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May Day marchers call for law overhaul

Immigrant workers. Peaceful marches cross the U.S. in hopes of reaching Capitol Hill

Demonstrators demanded an overhaul of immigration laws Wednesday in an annual, nationwide ritual that carried a special sense of urgency as Congress considers sweeping legislation that would bring many of the estimated 11 million people living in the U.S. illegally out of the shadows.

Thousands joined May Day rallies from Concord, N.H., to Los Angeles, where scores of marchers gathered downtown. In Salem, Ore., Gov. John Kitzhaber was cheered by about 2,000 people on the Capitol steps as he signed a bill to allow people living in Oregon without proof of legal status to obtain drivers licences.

In Vermont, more than 1,000 people assembled on the Montpelier Statehouse lawn. And in New York, paper rats on sticks bobbed along Sixth Avenue as about 200 protesters set off from Bryant Park, chanting: "What do we want? Justice! When do we want it? Now!" The rats were intended to symbolize abused migrant workers. THE ASSOCIATED PRESS

Demonstrator

"Every May Day, more groups that have historically considered themselves separate from one another come together."

26-year-old Becky Wartell of New York

Immigrant workers march in Los Angeles. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Global presence

Canada won't trade foreign policy for Security Council seat: Baird

The ongoing debate about Canada's standing on the world stage was rekindled Wednesday after John Baird admitted Canada won't run again for a spot on the United Nations Security Council.

Canada doesn't need a spot on the council to have a place in the world, the foreign affairs minister said Wednesday during a pointed question period exchange in the House of Commons.

"Canada's principled foreign policy is not for sale for a Security Council seat," Baird said.

"We are aggressively working on humanitarian aid to the most vulnerable, including Syria; we are taking real leadership when it comes to standing up against the evil that is Iran ..."

"This minister will be noted as the minister who just gave up when it comes to trying to win back our seat ..." NDP critic Paul Dewar said.

THE CANADIAN PRESS

Accident. 2-year-old girl killed by brother, 5, with gun received as a gift

A 5-year-old U.S. boy accidentally shot his 2-year-old sister to death with a rifle he had received as a gift last year, Kentucky authorities said.

The children's mother was home at the time Tuesday afternoon but had stepped out to the front porch for a few minutes and "she heard the gun go off," Cumberland County Coroner Gary White said. He said the rifle was kept in a corner, and the family didn't realize a bullet was left inside it.

White told the Lexington Herald-Leader newspaper the boy received the .22-calibre rifle, especially made for children, as a gift.

White identified the gun as a Crickett, referring to a company that specifically makes guns, clothes and books for children. "It's a little rifle for a kid.... The little boy's used to shooting the little gun."

The shooting, while accidental, highlights a cultural divide in the U.S. debate over gun control, which again became a top issue after 20 young children and six adults were shot dead at a Connecticut school in December. While many urban and suburban areas work to keep guns out of the hands of children, it's not uncommon for youths in rural areas to own guns for target practice and hunting.

"Down in Kentucky where we're from, you know, guns are passed down from generation to generation. You start at a young age with guns for hunting and everything," White said.

THE ASSOCIATED PRESS

'My first rifle'

Keystone Sporting Arms produced 60,000 Crickett and Chipmunk rifles in 2008, according to its website.

- The smaller guns come in all sorts of colours, including blue and pink.
- The company's slogan is "my first rifle," and its website has a "Kids Corner" section with photos of children at shooting ranges and on bird and deer hunts.

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Supervised custody

Girl sentenced in vicious attack on disabled man

A 17-year-old girl has been sentenced for her role in a violent robbery and assault on a disabled man in Mount Pearl, N.L., last year. The girl was sentenced to six months of open and supervised custody Tuesday after pleading guilty to robbery with violence, conspiracy to commit robbery and possession of stolen goods. A charge of assault causing bodily harm was withdrawn.
THE CANADIAN PRESS

Protecting juveniles

Group assails sex-offender-registry system

A human rights group is calling on the government to stop the practice of placing the names of juveniles on publicly accessible sex-offender registries.
THE ASSOCIATED PRESS

Greek-only handouts

Mayor of Athens vows to stop 'racist' charity

The mayor of Athens has pledged to prevent an extreme far-right party from staging food handouts only for Greeks in the capital's busiest square. Giorgos Kaminis accused Golden Dawn on Wednesday of engaging in "racist and xenophobic charity." Kaminis said Thursday's planned handout is illegal and he would do his best to stop it. THE ASSOCIATED PRESS

Desperate act

Couple leaves autistic son with social services

An Ottawa couple's decision to leave their severely autistic son at a social services agency this week was 10 years in the making. Amanda Telford took her 19-year-old son Philippe to Developmental Services Ontario. TORSTAR NEWS SERVICE

Racist taunts greet 1st black minister in Italy

Cecile Kyenge. Appointment of woman born in Congo causes racist backlash

It was hailed as a giant step forward for racial integration in a country that has long been ill at ease with its growing immigrant classes.

But Cecile Kyenge's appointment as Italy's first black cabinet minister has instead exposed the nation's ugly race problem, a blight that flares regularly on the soccer pitch with racist taunts and in the diatribes of xenophobic politicians — but has now raised its head at the centre of political life.

One politician from a party that not long ago ruled in a coalition derided what he called Italy's new "bonga bonga government." On Wednesday, amid increasing revulsion over the reaction, the government authorized an investigation into neo-fascist websites whose members called Kyenge a "Congolese monkey" and other epithets.

Kyenge, 48, was born in Congo and moved to Italy three decades ago to study medicine. An eye surgeon, she lives in Modena with her Italian husband and two children. She was active in local centre-left politics before winning a seat in the lower Chamber of Deputies in February elections.

Premier Enrico Letta tapped Kyenge to be minister of integration in his hybrid centre-left and centre-right government that won its second vote of confidence Tuesday. In his introductory speech to Parliament, Letta touted Kyenge's appointment as a "new concept about the confines of barriers giving way to hope, of unsurpassable limits giving way to a bridge between diverse communities."
THE ASSOCIATED PRESS

Italian Integration Minister Cecile Kyenge arrives at the premier's office in Rome. GREGORIO BORGIA/THE ASSOCIATED PRESS FILE

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Ireland publishes bill on life-saving abortions

Controversy.
Opposition says bill is so restrictive, most women won't bother

Abortion-rights protesters hold pictures of Savita Halappanavar as they march through central Dublin. SHAWN POGATCHNIK/THE ASSOCIATED PRESS FILE

Ireland unveiled a long-awaited bill Wednesday that lays down new rules governing when life-saving abortions can be performed, a point of potentially lethal confusion for women in a country that outlaws terminations.

Prime Minister Enda Kenny, speaking to reporters after his government published the Protection of Life During Pregnancy Bill, said he hoped the coming weeks of debate would not turn bitter. But he warned Catholic conservatives within his own party to back the bill or be expelled.

Kenny said the bill would set a maximum 14-year prison sentence for anyone involved in an illegal abortion, whether doctor or patient. The current law, dating to 1861, sets the maximum penalty at life.

Kenny's government took action following the death of a woman last year from blood poisoning after she was refused a termination because her dying fetus still had a heartbeat. The bill, if passed, would change nothing for the vast majority of an estimated 4,000 Irish women who travel annually for abortions in England, or for the growing number who order miscarriage-inducing drugs over the Internet.

Anti-abortion activists, including many in Kenny's own Fine Gael party, protest that the proposed law could become a platform for eventual wider access to abortion in Ireland. Malta is the only other European Union country that bans it. THE ASSOCIATED PRESS

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Canada Post and the Canadian Federation of Humane Societies (CFHS) have teamed up on the Choose Pet Adoption stamp issue. Meet the stars of the stamps above. Use them on your mail to help raise awareness about pet adoption as the first choice when bringing a new animal into a family!

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CANADA POST POSTES CANADA

Abused woman reveals her face transplant

Attacked by ex-husband. Doused with industrial-strength lye, 44-year-old woman underwent treatment at Boston hospital

Carmen Blandin Tarleton after a face transplant. THE ASSOCIATED PRESS

A U.S. woman revealed her new face after a transplant Wednesday, six years after her ex-husband disfigured her by dousing her with industrial-strength lye, and said she went through "what some may call hell" but has found a way to be happy.

Carmen Blandin Tarleton had face-transplant surgery in February and spoke publicly for the first time at a news conference. "I'm now in a better place, mentally and emotionally, than I ever could have imagined six years ago," Tarleton said. "I want to share my experience with others, so they may find that strength inside themselves to escape their own pain."

In 2007, the 44-year-old mother of two was attacked by Herbert Rodgers, who believed she was seeing another man. Police say he struck her with a bat and poured lye from a squeeze bottle onto her face.

When police arrived, Tarleton was trying to crawl into a shower to wash away the chemical. In 2009, Rodgers pleaded guilty to maiming Tarleton in exchange for a prison sentence of at least 30 years.

A team of 30 worked for more than 15 hours on the transplant. THE ASSOCIATED PRESS

Turkmenistan. Media censor president's fall in horse race; claim he won

Seeing the president fall from a speeding horse would be a shock to any nation. In authoritarian Turkmenistan, many residents didn't even get the chance.

President Gurbanguli Berdymukhamedov apparently wasn't seriously injured Sunday when his horse stumbled and he pitched into the dirt track at the hippodrome on the outskirts of the capital, Ashgabat. But the fall was certainly a wound to the pride of the 55-year-old Central Asian leader, whose all-powerful personality cult portrays him as effortlessly competent.

Thousands of people were in the stands for the race.

But state television's video of the race cut off just before the fall and the extensive reports on the event didn't mention the plunge.

All broadcasting in Turkmenistan is state-run. And state media reported that Berdymukhamedov won the race. He reappeared later to accept the winner's prize — $11 million.

Video shows a rider falling when his horse stumbles just after crossing the finish line in first place. THE ASSOCIATED PRESS

Turkmenistan's security agencies reportedly went into high gear to try to block images of the president's fall from slipping out. APTN/HE ASSOCIATED PRESS FILE

Watchdog survey

World population in free-press countries lowest in 16 years

A slump in global media freedom driven by Mali's turmoil, Greece's decline and tightening media control in Latin America pushed the percentage of the world's population in countries with a completely free press to its lowest level in 16 years, the democracy group Freedom House said. THE ASSOCIATED PRESS

Syria

Rare Assad public appearance

Syrian President Assad made an appearance at a Damascus power station on Wednesday, while two bombs exploded near the city centre. The appearance came two days after his PM escaped assassination. THE ASSOCIATED PRESS

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Dairy farming. New mozzarella rules may mean cheaper pizza

Canada's dairy farmers have changed the rules they use to classify milk that goes into making mozzarella cheese. And that could result in cheaper fresh-made pizzas for consumers across the country.

The new milk class, to take effect June 1, is expected to result in lower costs for Canadian-made mozzarella for restaurants that prepare and cook pizzas on site.

The move could also slow or halt the erosion of domestic cheese sales to pizza restaurants. The battle to cut the cost of mozzarella for pizza restaurants has been fought for nearly 15 years, ever since frozen-pizza makers — including frozen-food giant McCain — won an exemption from Ottawa that allowed them to buy cheese at the cheaper world market price.

"There's been an inequity with frozen pizza versus fresh pizza with the exact same mozza cheese, and we've been pushing and pushing and pushing (for changes)," said Garth Whyte, president of the Canadian Restaurant and Foodservices Association.

THE CANADIAN PRESS

Online content. DreamWorks buys AwesomenessTV for $33M

YouTube teen network AwesomenessTV features talk shows, scripted and reality programs and sketch comedy. YOUTUBE.COM

DreamWorks Animation SKG Inc. is buying AwesomenessTV, a YouTube teen network, for about $33 million US in cash as it looks to tap into the popularity of online content.

DreamWorks said Wednesday that AwesomenessTV founder and CEO Brian Robbins will continue to direct growth at that company while also developing a DreamWorks-branded digital family channel.

AwesomenessTV's network of more than 57,000 YouTube channels has 14.4 million subscribers. THE ASSOCIATED PRESS

Iowa. Mentally disabled plant workers awarded $240M

A jury on Wednesday awarded a total of $240 million US to 32 mentally disabled Iowa turkey processing plant workers for what an expert witness described as years of "virtual enslavement" by the company that oversaw their care, work and lodging.

The federal jury determined that Henry's Turkey Service, of Goldthwaite, Texas, violated the Americans with Disabilities Act by creating a hostile living and working environment and imposing discriminatory conditions of employment on the men. THE ASSOCIATED PRESS

Pre-budget promises

Grant program would help Ont. music industry

Ontario's governing Liberals are promising to create a music-grant program in Thursday's budget. They plan to spend $45 million in new money over three years, starting this year.

The Liberals say it will promote Ontario's music industry in Canada and overseas and bring more business to Ontario. It's the latest in a series of pre-budget announcements by the minority Liberals, who need the support of one other party to pass the budget. THE CANADIAN PRESS

Newmarket, Ont.

5 injured in Magna plant explosion

At least five people were taken to hospital after a small explosion Wednesday morning at a Magna automotive plant in Newmarket, Ont., north of Toronto. None of the five was in life-threatening condition. The plant's 200 employees were evacuated. THE CANADIAN PRESS

Market Minute

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In this online ad for Mountain Dew, the goat in the police lineup makes threatening remarks to the injured woman, such as "Ya better not snitch on a playa," and "Keep ya mouth shut." She eventually screams "I can't do this, no no no!" and runs away. YOUTUBE SCREENGRAB/METRO

Celeb-made Mountain Dew ad leaves bad taste

Hip or horrible? PepsiCo pulls online spot depicting battered woman being threatened in police lineup

PepsiCo is once again learning the risks of celebrity partnerships after an ad for Mountain Dew was criticized for portraying racial stereotypes and making light of violence toward women.

The company said it pulled the 60-second spot after learning people found it offensive. The ad was part of a series developed by African-American rapper Tyler, The Creator, and depicted a battered white woman on crutches being urged to identify a suspect out of a lineup of black men.

A goat character known as Felicia is included in the lineup and makes threatening comments to the woman, such as "Ya better not snitch on a playa," and "Keep ya mouth shut."

The woman eventually screams "I can't do this, no no no!" and runs away. The word "do" is in apparent reference to the soft drink's Dew It slogan.

THE ASSOCIATED PRESS

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HE SAYS

John Mazerolle
metronews.ca

Dearest readers,

By the time you read this, I may have already been mocked.

As I write this, Game 1 in the playoff series between the Boston Bruins and the Toronto Maple Leafs has not yet been played. It promises to be a war and, as a fervent Bruins fan in Toronto, I'm trapped behind enemy lines.

Toronto is Canada's team — or so certain Leafs fans never tire of telling me — and here I am right in the belly of the buds. If Toronto was victorious in the first battle, the verbal and psychological abuse may have already begun. And if the Bruins took the skirmish, who knows what blowback I might be facing?

A number of people, concerned about my well-being, have asked what it's like to be a die-hard fan of one team while living in a rival team's city. In response, I scratch out this humble letter, keeping myself sane on the eastern (conference) front with pieces of chocolate and a few pin-up girls I've been able to find on the Internet.

I try to blend in here, but I fear my Bruins toque, two Bruins jackets, two Bruins T-shirts, four Bruins baseball caps, Bruins key chain and Bruins rubber bracelet may be giving me away.

Fortunately, most Leafs fans don't seem to notice me; they're too busy celebrating that they've made the playoffs for the first time since the Earth was hot and molten. They stumble around with goofy grins, shaking the rust of fandom off, yelling on the streets that they're "ready for the ... after-games ... tournament thing!"

But I must be careful not to prod. As I said, by now the Leafs may be up 1-0 in the series, and I'll be dodging the shots and cuts and jabs of co-workers and passersby. Just yesterday somebody said, "Your jacket looks terrible." The wound still festers.

I always live in fear of the perfect put-down, the one that will shame me and shut me down forever. Fortunately the best most people can do is, "Your team's best player sucks!"

And, in truth, Maple Leafs fans are remarkably gentle. It might be because the young men most likely to be jerks haven't had anything to strut about since they were 11. It might be because buying a game ticket requires a bailout from the World Bank. Or it might just be Toronto's easygoing nature.

Whatever it is, Leafs fans are not the threatening sort. Yet.

Compare that to, say, Philadelphia, where Flyers fans would gladly decapitate me at the gates of Wells Fargo Center and use my head as a clapper in the Liberty Bell.

Yes, I do consider myself a hero.

But I'm not alone. Right across this country there are people like me: Calgary fans in Edmonton, Edmonton fans in Vancouver, Montreal fans in Winnipeg. Rangers, Bruins and Blackhawks fans have infiltrated the North. And Maple Leafs fans seem to be everywhere, like spruce budworm.

God, I even know an Islanders fan, may his soul find rest.

Yes, we sports fans who value laundry over geography are legion. So, no matter what the outcome over the next two months, I will walk brave and true through enemy territory, knowing I have an army of like-minded soldiers at my back.

Unless, of course, the Leafs win the Stanley Cup, in which case I'm moving to Ouagadougou.

Don't bother writing.

ZOOM

C'mon, let's just wing it!

KARIN THORELL/REX FEATURES

First time taking flight for chicks

This amazing image shows goldeneye chicks (Bucephala clangula) taking a leap of faith as they leave their nest for the first time. In a heart-stopping scene, the mother urged the young sea ducks to jump a few metres to the ground. METRO

Photog's words

- "The mother knows when all the kids are out of the eggs and then she jumps out, down on the ground. She stands and makes special sounds to get the chicks to jump. In a moment, the little ones begin to jump out, and you will see the sweet birds coming one by one, all jumping in different styles as you can see."

Ducking out

"I had to wait two-and-a-half-hours to get this shot. It brought a tear to my eye."

Karin Thorell, nature photographer from Överkalix, Sweden

Click bait

ANDREW FIFIELD
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So now that a particularly nasty winter is behind us (most of us), the yearning for an escape to far-flung locales may have eased a bit. But there are still rainy days ahead, so why not spend one of them exploring the world? Here are three ways to do it.

Instahood:

Using Google Street View to investigate a neighbourhood can be a little Grand Theft Auto-like since you can't really enter any buildings and poke around. Instahood gets you closer to the real feel of a city (and its duck-faced selfies) through tagged photos on Instagram. (instahood.meteor.com)

Koozoo:

A newly released iOS app that allows users to broadcast video — either recorded or live — from their home city. Broadcasting is still in beta and limited to San Francisco and Austin, Texas, so file Koozoo under 'very promising' for now. (koozoo.com)

Tetsudo Now:

Tokyo's public-transit system is a breathtaking sprawl of remarkable efficiency, and you can watch it play out on a real-time map that provides arrivals information for its millions of users. (demap.info/tetsudonow)

Twitter

@metropicks asked: As the NHL playoffs get underway, we want to know: what's your playoff regime? Lucky pants? Not shaving?

@kajomha: wear a rain coat when going to Detroit games because I don't want to be showered with squid goo

@bobbyboucher604: wear jersey, & other @VanCanucks gear to the office, have large size flag in front window @ home, this yr some Ninja beer

@EthanDR: I use my lucky Net[illegible]ne Navigator browser

@EvanPetrie17: Never really had one, Leafs finally made playoffs for the first time in 9 yrs. Maybe I won't wash this Leafs shirt. #Leafs

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Fire and Neon worked with Tokyo Police Club producer Jon Drew on their latest album. HANDOUT

Dust off your dancing shoes

Fire and Neon. Band's frontman has some Good Intentions as the three-piece group releases their second album

BACKSTAGE PASS
Samantha Everts
ottawa@metronews.ca

Fire and Neon bet you look good on the dance floor and are lacing up their silver-sequined shoes to join the party.

"Dance is a big factor in just about every song," said frontman David Wijsman of their second album, Good Intentions, which will be released at Ritual on Friday night.

The Kemptville three-piece has been turning out hip-inducing synthy dance-rock for Ottawans since late 2008, even performing at Bluesfest and Canadian Music Week in Toronto.

"It's hilarious because three or four years ago I wasn't moving at all," said Wijsman of his stage antics. He says he figures with keyboardist (and exceptional vocalist) Phillip Konopka glued to the "USS Entreprise" of keyboards, and drummer Andrew Hunt behind his kit that he had better start moving. A lot.

But Wijsman's wicked dance moves aren't the only things to evolve in the process of making Good Intentions.

A bit of prize money from their semi-finalists placing in a 2011 battle of the bands allowed the group two years of freedom to explore their sound.

"We've gotten tighter as a band and all realized our roles in it," said Wisjman, noting that it was this new confidence that led them to recording the album in Toronto during the "coldest weeks of February."

Their closeness as a band also spills over into Fire and Neon's writing style.

The band writes all vocals, choruses and beats as a collective.

"Never does one song become one person's pet project," said Wisjman who shares vocal duties with Konovka.

Working with producer Jon Drew (Tokyo Police Club, The Weeknd) their new songs got reconstructed and hit a stadium-rock vibe that the band really dug.

As a result, Good Intentions is a feel-good mix of six pop-synth songs in the vein of Friendly Fires, with a dash of Stevie Wonder funk to really get you going.

Ultimately though for a Fire and Neon song to work, it has to get you dancing, "(When writing we) ask ourselves, OK does this move enough?" said Wisjman.

If that wasn't enough to entice you to head out to Ritual on Friday in your favourite dancing shoes, former Fire and Neon tour mates and indie-darlings The Love Machine will be opening the show, making it the hottest all-local bill this spring.

Info

- **Album.** The independently released album will be available through fireandneon.bandcamp.com
- **Show.** Friday, May 3 at Ritual (193 Besserer St) with The Love Machine & Zoo Legacy 9 p.m./ 19+/$12

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Happy to play Ho Hey every day

The Lumineers. Lead singer Wesley Schultz talks about returning to Canada, their big hit and the importance of following it up

The Lumineers have played sparingly in Canada thus far, but that is due to change. CANADIAN PRESS/AP/INVISION

The Lumineers, the Denver-based folk-rock band who authored the rousing smash single Ho Hey, have played sparingly in Canada, so they have a clear memory of the few gigs they have played north of the border.

One in particular stands out to frontman Wesley Schultz. It was last June, when the Lumineers' self-titled debut had been out for a couple months but the hand-stitched Ho Hey was still hovering around the fringe of the Billboard singles chart. The band was scheduled to play a (non-headlining) show at Toronto's historic but cosy Horseshoe Tavern during North by Northeast, and the venue was full — though the mood was skeptical.

"It was half fans, half industry people with their arms folded, didn't really give a (crap)," Schultz recalled in a telephone interview. "The industry people were sort of wondering what the fuss was about. They were kind of put off by all the (fans), which is strange to say but it was true. The fans were like, really excited.

"It was almost like the people in the music business around there hadn't been wise to it before the fans had. They were kind of underestimating what we were doing at the time, I think, and almost looking like, '(This crowd) must be here for something else.'

"We actually thought the same thing. Because we were in Canada! We'd never been there before."

There will be no doubt when the Lumineers wind back through the country this time. They play Hamilton's Copps Coliseum on Tuesday before a pair of sold-out gigs in Toronto and another in Montreal. Their album has recently been certified double-platinum here, Ho Hey is five-times platinum and their more recent single, Stubborn Love, is gold. Schultz talked about the Grammy-nominated band's big year, following up Ho Hey and finding time to write new material.

Your second single, Stubborn Love, is doing well now, with gold sales here in Canada. Is that a relief, that it wasn't just Ho Hey that would connect?
Yeah, you can never reproduce something like Ho Hey, it was just huge. It becomes this big thing, and you don't want to be known for just one thing. The other thing is that our live shows, I've noticed that Stubborn Love actually gets a bigger reaction. ... It's cool to hear that song's being played now on the radio as well. It's a scary thing to have success with one song.

And you didn't necessarily consider the band a singles-oriented act before that, did you?
No. ... Our stuff, even the way we produced the record, the album was produced in such a way that it wasn't really slick, it wasn't glossed over. So I didn't think it would see the light of day on radio. We've actually made it onto the Top 40 stations, and that was weird.

Did you know early on you had a hit in Ho Hey?
I remember this hilarious moment — (though) it wasn't hilarious at the time, it was kind of (crappy). Jere (Jeremiah Fraites) and I had just recorded Ho Hey on our own, in our basement, and we were moving out of this one house and moving into this smaller, crappier house. We were showing the new tenants, these college kids moving in, the digs. Here's the bedroom. Here's the bathroom. And he saw our instruments and our computer (and) ProTools. We said, "You should listen to this song." And he and the others were not at all impressed. It was kind of uncomfortable. They just wanted to get out of the room. I was like, "Man, I don't know. I thought this was a really cool song. These people don't think so."

One of your bandmates recently estimated he's played Ho Hey more than 2,000 times. Are you sick of it?
(Someone) said: "Does it ever feel like you're covering someone else's song, because you play it so much?" That's the best way I can describe it some nights. You do it so much and there's not much flexibility with how you can necessarily present it every night. Sometimes we would go out in the crowd and we would play it with a lot less instruments and people would sing it for us. You become a little bit detached from it in some ways, but at the same time, happy to play it. THE CANADIAN PRESS

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‘Dark’ times add edge to Deerhunter’s latest

Monomania. Lead man Cox’s late boozy nights played their part, as did his vast collection of 600 songs

Bradford Cox. ASSOCIATED PRESS

Bradford Cox wrote what would become the final track of Deerhunter’s forthcoming album, a song called Punk, at a friend’s house in New York during what he describes as a very difficult time. He’d gone north to get away from personal turmoil in his hometown of Atlanta, taking few items other than a borrowed leather jacket.

Before work could start on the album, the band faced more difficulty — the departure of its longtime bassist Josh Fauver — which made Cox fear the band would break up.

It did not, but Cox still wound up playing a melodic bass line on Punk during recording sessions earlier this year. The reason for the extra duties wasn’t personnel-related. “I played a lot of stuff on that song, but that’s only because the demo is so confusing because I was drunk when I made it,” he said during an interview at his house in Atlanta. “I was in character for that song.”

The smouldering, propulsive track was part of a burst of songwriting within the past two years that Cox says resulted from “very dark” things that he declined to explain further. These songs form the bulk of Monomania, the band’s fifth full-length album due to be released on May 7.

Anticipation for the album was goosed by a performance of the noisy title track in early April on Late Night With Jimmy Fallon, which was analyzed on more than a dozen music blogs under headlines describing it as “brilliant, bizarre.” The band’s past two albums also each landed near the top of year-end lists.

Cox, who turns 31 on May 15, said the band had been doing all-night rehearsals to prepare for a string of tour dates around the Southeast before they head to Europe for club shows and festivals. The day of the interview, they’d practiced until 7 a.m. and Cox had awakened just before reporter showed up in the late afternoon.

“I sleep all day. That’s what I do,” he said. “I’m like a bat.”

The new album is a collage of elements familiar to Deerhunter fans — cacophony interspersed with tunefulness, guitar tones that range from scratchy to soothing and vocals that occasionally dissolve into distortion. THE ASSOCIATED PRESS

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@GarryShandling
Good night. I'm now going to block myself.

Kelly Osbourne ALL IMAGES GETTY

Kelly Osbourne loses her cool with interviewer

Kelly Osbourne isn't the easiest person to interview, at least according to Daily Telegraph reporter Joel Christie, who's spilling about a particularly tense chat with the reality star. "The conversation didn't start well. She called me 'presumptuous' for calling her rumoured fiancé her fiancé," Christie reports, adding that Osbourne got testy pretty quickly. "You are trying to f—ing turn this around and get s— on my family, aren't you?" she reportedly scolded him. Christie remains miffed: "It's pretty vexing when you're screamed at for spurious reasons."

The Word

Why Jennifer's latest dress has us whispering and wondering

THE WORD
Dorothy Robinson
scene@metronews.ca

Oh man. Jennifer Aniston. What are you doing to us? How in the world can you show up to an event in what has been alternately described as a "billowy," "loose," "definitely maternity" dress? What does this mean?! Of course, it could just be that the actress is wearing a loose-fitting dress at the book launch party for Mandy Ingber's Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover and we are all jumping to conclusions. And honestly, if I were Jennifer Aniston, I'd wear dresses like this until the day I die just to continuously mess with the minds of the baby-hungry public at large.

But! It seems like the actress has moved her wedding date and she's passing the blame to Brad Pitt (ex-husbands are always good scapegoats). She doesn't want to overlap with Brad Pitt and Angelina Jolie's rumoured wedding this summer, according to Us Weekly. "She does not want her day associated with them," a source says, adding that when Aniston first heard of Pitt's planned wedding date she considered moving her wedding to Justin Theroux up to take place before it, but her fiancé talked her out of that idea. "Justin got weirded out by all the rushing." Aniston has now reportedly put her wedding plans completely on hold. "Nothing has happened on that front in a month," the source says.

Maybe that's because she's pregnant?! Or not. Only time, and more billowy dresses, will tell.

Lindsay Lohan

Prison sentence looms for Lindsay Lohan if she fails to show for rehab stint

Today's the day that Lindsay Lohan has to report for 90 days of court-ordered rehab, though at press time no facility had been chosen yet, according to E! News. If she doesn't check in somewhere she will be "required to show up to court on Thursday with her lawyer in L.A.," a source says. "If Lohan does not comply with the judge's order, that would be a violation of probation that could land her in jail." But one thing's at least for sure: Lohan won't be blogging about the experience while she's locked up, despite a report that she'd be using her personal website to chronicle her rehab. "She will not be blogging from rehab, but she does plan to have her own space on the web where she can talk about her passions," another source says. "She wants a place to discuss her love of fashion, music, art and her unique sense of style. She wants to be able to connect to her fans directly."

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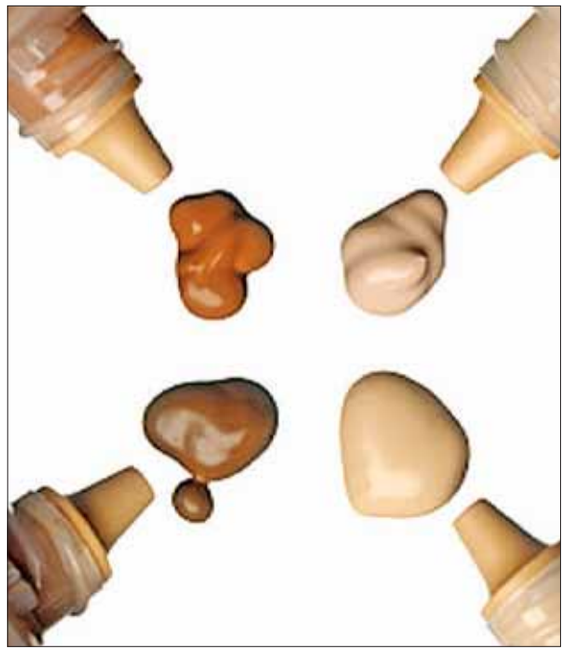
Multi-task makeup: a miracle or a marketing scheme?

She's all that?
Alphabet skin care has pretty much reached its tipping point, surfacing not only on swanky beauty counters but also in drugstore makeup aisles. But are the multi-function creams really improving your skin or merely clogging your pores? We take a look at the pros and cons

ROMINA MCGUINNESS
Metro World News in London



By now you've probably seen, tried or become addicted to all-in-one BB creams, which promise to protect, hydrate and perfect your skin while covering your spots.

"Having a product do it all was a first in the world of cosmetics, where the colour and function of the formula usually comes first and the treatment benefits take a back seat," Kerri Bender, manager of global product development at Smashbox Cosmetics says.

And maybe you're excited to get into CC creams, which arrived this spring and are meant to even out skin tone, reduce dark spots and enhance skin radiance through optics and coverage.

Now, the beauty industry is in a frenzy over the first ever DD cream, due to hit stores in June. Produced by Julep, it will target age spots, fine lines and, yes, cover flaws.

But are all of these multi-taskers yielding results?

"To me they're marketing hype," says Mary Schook, a New York based celebrity facialist and makeup artist. "What's good about all of this is that it forced the industry to work on building better foundations. Because we haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours," Schook adds. She and Bender help us look at the pros and cons.

Face the facts

"We haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours."
Mary Schook
Celebrity facialist and makeup artist.

CONS — Mary Schook

Clogged pores

"BB creams contain so many different ingredients that the skin can't handle, such as silicone and avobenzone, which cause breakouts. BB creams are supposed to have sunscreen and avobenzone is the popular ingredient in that, hence the acne. And the silicone in BB creams create a veil over the skin that doesn't allow it to breathe. It feels like it's breathing, but it's a false thing. It's creating a barrier that's not allowing the skin to perspire the way that it should. That's what is trapping the bacteria."

Heightened sensitivity

"CC creams do give a glow to the skin. But when you have a product that claims to colour correct, the way CC creams do, you have to worry about skin character because you're taking away things that protect the skin cells. When the cells want to cause any kind of pigmentation, it's the body trying to protect itself. If you take away all of that pigmentation, or the ability for the body to do that, then the body cannot defend itself."

PROS — Kerri Bender

A simpler makeup routine

"BBs are the baseline. You don't have to be a makeup junkie to use one. If you're looking for an all-in-one product, something that is going to prime, perfect, protect, hydrate and control oil, then it's the right one for you."

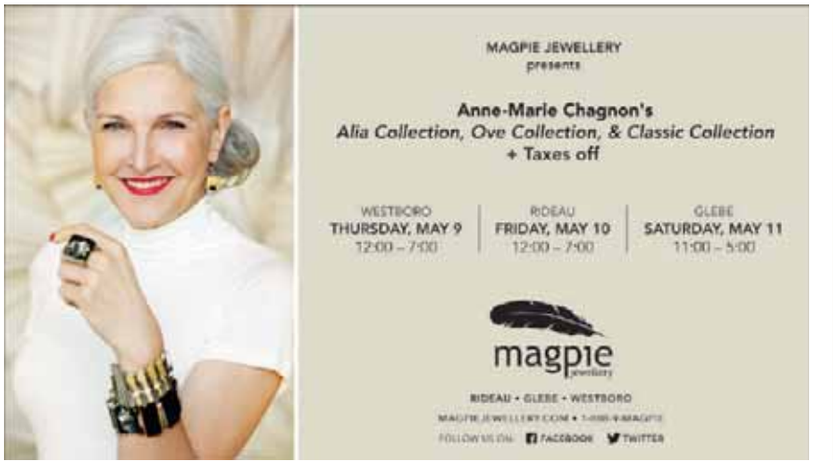
They mix well with your other products

"Both BB and CC creams work for any skin type. If you require a little more hydration, use your BB or CC cream in conjunction with your moisturizer. And if you have problems with shine, you can top off your BB or CC with a finishing powder."

Julep DD Crème
$36,
julep.com

Smashbox CC Crème
$42,
smashbox.com

Dior Hydra Life BB Crème
$56,
dior.com



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Ashley Kowalewski
The Kit.ca

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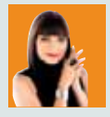

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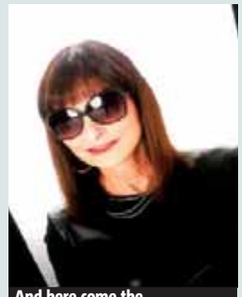
And here come the @EDITbyJeanneB shades!

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With my dear pal+hairstylist extraordinaire (doing my hair since '79) Gregory Parvatan from Rapunzel Salon #FusiaFete

Shepherd's Pie goes meatless and Mexican with quinoa as its star

Ingredients

- 1 kg (2 lb) sweet potatoes, scrubbed well and pierced all over with a fork
- 15 ml (1 tbsp) canola oil, plus extra for greasing casserole dish
- 1 onion, chopped
- 1 red pepper, diced
- 2 cloves garlic, minced
- 10 ml (2 tsp) ground cumin
- 1 can (540 ml/19 oz) black beans (no salt added), well rinsed and drained
- 250 ml (1 cup) cooked quinoa made with water
- 250 ml (1 cup) frozen corn (no need to thaw)
- 250 ml (1 cup) mild or medium salsa, deli-style
- 50 ml (1/4 cup) light sour cream
- 50 ml (1/4 cup) finely chopped cilantro
- 1 ml (1/4 tsp) freshly ground black pepper (optional)
- 50 ml (1/4 cup) thinly sliced green onion or chopped cilantro, for garnish (optional)

1. Heat oven to 180 C (350 F). Bake sweet potatoes for 60 minutes or until tender. Alternatively, microwave at high for 8 to 12 minutes. Let cool until easy to handle.

2. Lightly grease a 2-l (8 cups) baking dish with canola oil or line with wet parchment paper (makes cleanup a breeze). Set aside.

3. In a large soup pot or Dutch oven, heat oil over medium heat. Add onion, red pepper, garlic and cumin. Cook, stirring often, for 5 to 7 minutes. Stir in black beans, cooked quinoa, corn and salsa until well combined. Remove from heat.

4. Pour into prepared pan. If you used a microwave to cook sweet potatoes, at this point heat oven to 180 C (350 F).

5. Meanwhile, cut cooled sweet potatoes in half and scrape out flesh. Discard skins. Mash sweet potato well with sour cream. Stir in cilantro. Season with pepper, if desired.

6. For a rustic look, spoon sweet potato mixture over quinoa mixture in heaping teaspoonfuls. (If you like more conformity, spoon on and spread out.)

7. Bake for 30 minutes or until heated through and bubbly. Sprinkle top of casserole with green onion, if using.

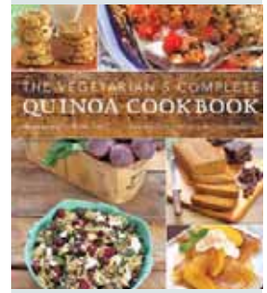
THE CANADIAN PRESS/ ALL RECIPES ON THIS PAGE APPEAR IN THE VEGETARIAN'S COMPLETE QUINOA COOKBOOK BY THE ONTARIO HOME ECONOMICS ASSOCIATION. EDITED BY MAIRLYN SMITH (WHITECAP, 2012).

Mexi Meatless Shepherd's Pie

This recipe makes 1.5 l (6 cups). THE CANADIAN PRESS H/O

Cookbook of the Week

Cooking super food



Quinoa, one of the most popular superfoods, gets the spotlight in The Vegetarian's Complete Quinoa Cookbook by the Ontario Home Economics Association. The release boasts more than 125 recipes, many of which are gluten free, contributed by professional home economists. Every recipe includes a nutritional profile and is less than 500 calories.

Among specific recipes are: African Peanut Soup with Red Quinoa, Goat Cheese, Red Pepper and Spinach Quiche, Dark Chocolate Pudding Cake. **METRO**

Snack. Fruit & Nut Clusters

These clusters make a decadent treat. "They're yummy and contain a little more protein than if you just had a nut cluster," says Marilyn Smith, editor of The Vegetarian's Complete Quinoa Cookbook.

Ingredients

- 175 g (6 oz) bittersweet chocolate, coarsely chopped (70-75 per cent cocoa mass)
- 125 ml (1/2 cup) quinoa puffs
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) whole almonds, coarsely chopped

1. Line a large baking sheet (42 by 28 cm/17 by 11 inches) with parchment paper and set aside.

2. Place chocolate in a medium microwave-safe bowl. Microwave at medium for 1 minute, stir, microwave one more minute at medium and stir again until completely melted. (Depending on your wattage, this could take longer than 2 minutes. The trick is to add more time in 5-second intervals, as you don't want to scorch the chocolate. Stir until chocolate has completely melted.)

3. Add quinoa puffs, cranberries and almonds. Stir to combine.

4. Drop 12 equal spoonfuls of the chocolate mixture on prepared baking sheet. Let set until firm, about 30 minutes, or refrigerate.

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Granny's farmhouse tabletop trend

Decor. Using mix-and-match tableware pieces a trend

DESIGN CENTRE
Karl Lohnes
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For most of my adult life I have tried to veer away from anything remotely familiar to my mother or grandmother's decor styles.

Recently, I was shopping at a consignment shop and found a set of scallop-edged toile dessert plates. Not sure what I was going to do with them, I purchased them and decided to make them work at my next dinner party.

While mixing old and new is a huge trend, I figured I had my work cut out for me to incorporate them into a trendsetting table scape.

Recently, the look of farmhouse style has shown up at many home decor retail stores. This mix-and-match of humbly-worn objects can allow us to create a trendy table scape by combining our old dishes with this charming style — perfect for casual summer entertaining.

It's a table top that I think any modern grandmother would appreciate.

Fog wine glass

Hand-made, chunky and smoky make for a casual way to enjoy wine. $5, crateandbarrel.com

Placemat

Create the look of a worn table without waiting 100 years. Add textured placemats made of heavy, durable vinyl. Natural Effects Driftwood Placemat, $7, bedbathandbeyond.ca

Charger plate

Incorporate a level of formality to your table without making it feel overly traditional. Silver-Plated Charger Plate, $45, potterybarn.com

Silver-plated flatware

Look like you've "collected" cutlery from your many visits to fancy hotels. Sheffield Heirloom Silver-Plated Flatware, $145, potterybarn.com

Candle holders

Trend colours pulled from my vintage dishes help to contemporize a table. Recycled Glass Curvas Candle Holders, $29 to $39, urbanbarn.com

Bracket dinner plate

A silhouette of curves with the drama of dark grey help add a modern touch to a place setting. $6, cb2.com

Salad plate

Dig up something vintage from Granny's china cabinet and use it to inspire a table setting. Avon Cottage Scalloped Salad Plate, $20, ofthingspast.com

Platter

Organically shaped oval platters in dark grey add that touch of drama to a precious table. Scape Serve Ware Platter, $30, WestElm.com

Spruce up your kitchen for spring

DIY ideas. Brighten it up with a hint of colour, lighting and decor that gives your space a fresh look without breaking the bank

As the grey skies and dull days of winter are now behind us, give your kitchen a fresh facelift for the spring.

Get more economical and clever kitchen design ideas from I Hate My Kitchen on DIY Network Canada.

See the light

Installing lighting under kitchen cabinets can be an easy and inexpensive way to add a subtle glow and brighten up a room.

Low-voltage xenon lightbulbs are cost effective with a long life, and are a great way to enhance your counters and shelves.

This extra ray of light will help with food preparation while also creating a dramatic effect at night.

True colours

Add a splash of colour with affordable kitchen accents like vibrant storage boxes. It's as easy as purchasing a few old wooden crates and spray painting them with vivid tones. These accent pieces can also be used to store extra dishes, utensils, cookbooks and any other items that need to be packed away.

Sticky situation

Create a fun design on your kitchen walls without calling in the painting professionals. Wall decals come in a variety of colours and designs to suit different tastes. It's as easy as sticking the decal onto your wall and then just peeling it off when you're ready to move on to your next design.

Scratch the surface

Add texture to your kitchen walls with a unique backsplash using versatile materials such as salvaged wood scraps from an old cottage, photocopies of favourite recipes, or even a vintage vinyl tablecloth. This serves as a budget-friendly and simple way to freshen up your kitchen space on a whim, without having to make any long-term decisions.

Out in the open

Create an open concept storage setting by stacking colourful dishes on uncovered shelves.

Bright and vibrant dishes can be so much more than just serving items for meals. They can also become beautiful displays to liven up your kitchen.

I HATE MY KITCHEN PREMIERES TONIGHT AT 10PM ON DIY NETWORK CANADA. DIY NETWORK CANADA WILL BE IN FREE PREVIEW FROM NOW UNTIL THE END OF MAY

Adding light under your cabinets give it a subtle glow. ISTOCK IMAGES

metro
HOME RENO
Thursday, May 2, 2013

Think sunshine in a paint can

Mellow yellow. Yellow paint — no matter what the shade — can bring renewal into people's lives

Dulux Prairie Grass. CONTRIBUTED

Dulux Sugar Cane. CONTRIBUTED

Dulux Daisy Chain. CONTRIBUTED

It may not be our favourite colour, but when it comes to painting our walls, yellow is the No. 1 choice worldwide.

That's the finding of an international survey conducted on behalf of Dulux® paint. The study shows that while blue is the most popular colour in the world, preferred by 36 per cent of people, the picture changes when you look at actual sales volume of paint colours.

"For every can of blue wall paint sold, you can almost fill an Olympic-size pool with the yellow paint that's purchased over the counter," said Martin Tustin-Fuchs, brand director for Dulux paint, pointing out that yellow is actually cited as the least favourite colour worldwide, with only five per cent of people favouring it.

"When presented with paint swatches, however, most people seem to like yellow — as long as it's called something other than yellow, that is," Tustin-Fuchs said. "Paint names like buttercup, vanilla and champagne are more attractive to consumers."

Yellow works well in the home because it's a warm, happy colour that represents renewal and brightens spirits, he explained. Think sunshine, daffodils and the trademark smiley face.

While all kinds of yellow shades adorn Canadian walls, studies show off-white yellows take top spot in our homes. Tustin-Fuchs offered these tips on how to pick the best shade of yellow for your rooms:

Sunny yellow: Infused with a tinge of orange, sunny yellow does wonders in lighting up a poorly-lit room. Try painting this bright shade on both walls and ceilings and it will appear to mimic sunlight — even on cloudy days. Sunny yellow is said to increase awareness and stimulate creativity, spontaneity and the mind, making it an ideal choice for a kids' playroom, study area or home office.

Mellow yellow: Cream tones tinted with yellow create a relaxing retreat in any living space. Soft and light, earthy yellows warm up smaller spaces, like bathrooms and vestibules, without overwhelming them. Warm yellow is also a good option for a master bedroom, depending on the mood you want to create. While red stimulates passion in a bedroom, yellow delivers a calm, spa-like atmosphere, which may provide a welcome sanctuary after a long day.

Citrus yellow: Known to energize and increase the appetite, cheery lemon yellow is a good option for eating areas. Reflecting a high amount of light, this shade works well in any kitchen or as an accent wall in a dining area. Framed in white moulding, bright yellow also brings an inviting feel to an entrance hall. Combine citrus yellow with black and white tones to create a stylish, uplifting colour scheme in any of these spaces.

Banana yellow: Warm tropical yellows work particularly well with neutral or wood furnishings. Best used in a family room or living area, banana yellow emits a welcoming, upbeat feel that wraps a person in warmth. To keep a yellow room from feeling too warm, add bold accent colours, such as green, turquoise or orange, through accessories.

"At times, a specific shade may become fashionable or unfashionable, but yellow in general never goes out of style," Tustin-Fuchs said, adding that Dulux is all about bringing renewal into people's lives, and

Yellow paint — no matter what the shade — can bring renewal into people's lives

"Simply put, yellow paint is sunshine in a can," he said.

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THE REAL ESTATE EDGE

BY MARNIE BENNETT

SOAPY WATER OR LIQUID GOLD?

SPRING CLEANING CAN YIELD PROFITS FOR HOME SELLERS AND BUYERS

Once upon a time, there were rigid rules for keeping a clean house. Walls were washed down every spring; floors were regularly polished. I know great-grandmothers who moved the fridge every week in order to give the floor a proper mop.

If there's one time to channel your inner great-grandma, it's when you're prepping your home for sale. If there's another, it's when you're sizing up real estate for purchase.

Again and again, I've watched a well-scoured, clutter-free home sell for thousands more than its dingy twin. For the seller, obviously, this means that a thorough cleaning is worth a bundle of money. But what buyers often overlook is that "the dingy twin" can save them a bundle. If you're open to using some elbow grease after purchasing, you may just get a steal.

While no one needs me to tell them to vacuum, other essential tasks are often overlooked. Nothing brightens a home like gleaming windows. Haul out the ladder or hire a professional – the difference will amaze you. Toss dingy blinds and curtains or replace them if possible, but for selling purposes, a bare window is better than one that's badly dressed.

Clean light fixtures and vacuum lampshades. Washing walls and steam cleaning carpets will measurably freshen a room, as will replacing dated light switch covers, mildewed caulking and lime-encrusted faucets. Finally, tighten doorknobs and fix broken trim. Small repairs go a long way to make a house feel solidly built.

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OTTAWAREALESTATEEDGE.COM

Elina Katsioula-Beall's design took first place in the small kitchen category. SUKI MEDENCEVIC PHOTO

Cutting-edge designers lauded

Glass in all its glory — hand-cut, hand-blown and LED-lit — was creatively used by winning designers in both the best kitchen and the best bath categories in the 2013 Design Competition sponsored by the National Kitchen & Bath Association (NKBA).

The category winners were revealed last month at an exclusive Design Competition Awards event in New Orleans during the 2013 Kitchen & Bath Industry Show (KBIS).

Wendy Johnson of Designs for Living in Manchester, Vt., took the best kitchen award for her grand-scale room with a curved LED-lit glass bar overlooking art glass on panels in the cooking and entertaining centres, and an expansive golf course view.

Shea Pumarejo of Younique Designs in Helotes, Texas, earned the best bath award for her baroque style room featuring a hand-cut glass wall, and red hand-blown glass faucet and sink.

"We take great pride in announcing to the public the top-notch kitchen and bath designers that our industry has to offer," said 2013 NKBA president John Morgan. "Hundreds of entries are received every year, and our designer members continue to impress. The competition this year boasted of innovative concepts, creative expressions and cutting-edge designs."

This year's 400-plus entries from across the U.S. and Canada were judged by a panel of eight certified industry experts. Each was either a certified master kitchen and bath designer or both a certified kitchen designer and a certified bath designer. The entries were scored on safety and ergonomics, elements and principles of design, design planning, creativity and presentation.

The best budget-friendly kitchen went to Cheryl Kees Clendenon. GREG RIEGLER PHOTOGRAPHY

Shea Pumarejo placed first in the large bath category. CASEY DUNN PHOTO

Brigitte Fabi took top spot in the before and after bath category. ERIC HAUSMAN PHOTO

METRO NEWS SERVICES

Budget. Simple projects can lead to savings

Renovations aren't just about updating the design and comfort of your home or cottage, they can also be a great way to incorporate better approaches and sustainable technologies that cost very little, but lead to big savings.

It's often hard to know where to start when considering a green renovation. If you are considering a partial or full home renovation and want to go green, visit cagbc.org/greenhomes for a valuable list of resources, including local architects, advisers or contractors who are best qualified to help.

Here are some simple tips to get you thinking about renovating your space with an eye to saving — both money and the environment:

• Often in renovations you have the opportunity to fill uninsulated spaces to make them more energy efficient. To go green, consider rock wool or cellulose insulation. Both are available at most home renovation centres and contain recycled content, are made in Canada, and have the potential to reduce your monthly heating costs.

• The biggest single electricity user in an average gas-heated home is your refrigerator. While renovating a kitchen, consider recycling your old fridge (many utility companies will pick it up for free) and purchasing an Energy Star fridge. Choosing a smaller size will also reduce the monthly energy cost. Compare the EnerGuide rating that is listed on each fridge before you buy one — this will tell you which ones will save you the most energy and the most money.

• Reducing water use and hot water bills when renovating your bathroom is easy. Installing a low-flow or low-flow dual-flush toilet can reduce your water use by up to 25 per cent. A smart way to sort through what works best is to visit map-testing.com.

• Did you know showers use about 40 per cent of the hot water in your home? Installing the right low-flow shower head, especially one that is 1.75 gallons per minute (GPM) or less, will save you up to 30 per cent.

• When looking to replace or install new windows, look for those that are Energy Star rated for zone C or D. You could also consider installing casement windows, which tend to be less drafty as they age when compared to slider and double hung windows. **NEWS CANADA**

A fresh coat of paint can give your home an updated look and feel — and it doesn't have to cost a lot of money. DIGITAL VISION/THINKSTOCK

Choose 'smart' renovations

Many Canadians are interested in knowing the "smartest" household renovations to make to receive a good return on their investment. Although there are many variables that affect the value of a home, the Appraisal Institute of Canada (AIC) offers these general tips to Canadian consumers.

1 Choose improvements with long life expectancy. Roofing, energy-efficient heating and cooling systems, and windows can provide homeowners worry-free home improvements for as long as 10 to 15 years.

2 Invest in modern updates in high-traffic areas. Update the core rooms of your home such as the kitchen and bathroom. This can be as simple as changing door knobs, resurfacing cabinets, or replacing fixtures and countertops.

3 Don't underestimate the value of inexpensive updates. A fresh coat of paint, modern lighting fixtures, light landscaping or gardening, or upgraded door handles can give your home an updated look and feel — and it doesn't have to cost a lot of money.

4 Consider energy-efficient renovations that have a high return relative to cost. Energy-efficient renovations are considered one of the highest paybacks relative to cost.

5 Be careful about over-improvement. Consider your neighbourhood and the expectations of buyers in your area when planning your next renovation project.

6 Think about your personal needs. How much you spend on improvements will depend on how long you plan to live in your home. If you are thinking shorter term, smaller and less-expensive improvements may be your best bet to recover your investment.

7 Be sure to get a building/renovation permit. Take the time to obtain the proper building permits from your municipality or appropriate authority. This is a good step to ensuring that the renovation work complies with the building codes.

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THINKSTOCK

CHANGE YOUR HABITS TO SAVE ENERGY

Change some of your habits and you can save money on your energy bills. Here are some ideas to try:

TURN DOWN THE HEAT BEFORE A PARTY

People generate heat. Before people arrive for a party, turn down your thermostat and save some energy. Use the heat given off by the party guests to help keep your apartment warm instead of opening a window to cool down the apartment once they arrive. Turn the thermostat back up when they leave.

TURN OFF LIGHTS, ELECTRONICS AND APPLIANCES

Turn off lights, appliances and electrical equipment when you're not using them to save energy. Note that many of today's electronic products incorporate an instant-on feature and use electricity whether they are turned on or not.

Most televisions, for example, constantly draw a small amount of power so they turn on instantly. Any household appliance with a clock, timer, memory, remote control power switch or a transformer is drawing power even if it's turned off. The energy consumed when these devices are off is called a phantom load. Although each device consumes only a small amount of electricity to be at the ready, the amount of phantom load in an apartment building can be significant when all such loads are added up.

Use power bars to power clusters of electronics such as audio systems, video systems and computers and computer peripherals. This lets you deactivate all of the equipment with one flick of a switch and reduce phantom electricity use.

USE YOUR APPLIANCES EFFICIENTLY

When cooking, use pot lids to keep the heat in the pot and use lower heat settings. This reduces cooking-related energy use and helps reduce air-conditioning energy use in the summer (while keeping your apartment more comfortable).

Use full loads in the clothes washer and dishwasher. You will save water and energy if you wait until your dishwasher is full (but not overfilled) and you have a full load of laundry to do before doing the washing. If you only run your dishwasher when it is full, it takes less water and energy to wash the dishes than if you do them by hand. Scrape dirty dishes and store them in the dishwasher until you have a full load. You can save more energy by using the energy-efficient drying cycle on the dishwasher and letting the dishes air-dry.

TAKE THE STAIRS

If you live near the ground floor, consider taking the stairs. It reduces elevator energy consumption and gets you in shape.

REPORT ENERGY HOGS

If you notice equipment or systems that do not seem to be running properly, report them to the building management for repairs. Also report exterior doors and windows with worn or missing weatherstripping, overheated parking garages and other common rooms and areas, and unnecessary 24-hour lighting.

USE A TIMER ON YOUR BLOCK HEATER

Block heaters only need to heat your car's engine block for an hour or so before you drive to be effective. Plugging your car into a timer set to start the block heater an hour before your departure you can save a significant amount of energy.

EXPLORE OPPORTUNITIES FOR ALTERNATIVE LANDSCAPING

Alternative landscaping replaces water-intensive grass areas with community gardens and trees to help provide natural shading. This helps to control local outdoor air temperatures — a green space is always cooler than a parking lot. Look for opportunities to catch and retain rainwater for community gardens to save on the use of treated municipal water.

ORGANIZE A BUILDING ENVIRONMENTAL COMMITTEE

Bring together others who share your enthusiasm for saving energy and money. An environment committee can be a powerful way to help identify energy and water savings in the building and to start other environmental initiatives such as recycling, composting and waste management. Environment committees can help building management in its efforts to keep the building running efficiently. — **CMHC**

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MLB

Owner threatens to move Cubs

The owner of the Chicago Cubs publicly threatened for the first time Wednesday to move the team out of Wrigley Field if his plans for a new video screen are blocked, saying he needs millions of dollars in ad revenue to help bankroll the renovation of the storied ballpark.

"The fact is that if we don't have the ability to generate revenue in our own outfield, we'll have to take a look at moving — no question," Cubs chairman Tom Ricketts told reporters after a speech to Chicago business leaders outlining plans for a $500 million US renovation of the 99-year-old stadium.

The thorniest issue is the plan for a 6,000-square-foot video screen over left field, like those in most ballparks. The difference in Chicago is that the stadium — the second oldest in baseball — is surrounded by privately owned clubs that have built rooftop bleachers and object to any changes to the park that could block their bird's-eye views.

THE ASSOCIATED PRESS

MLB

Diamond helps Twins top Tigers

Scott Diamond pitched six solid innings, and the Minnesota Twins got to Anibal Sanchez early in a 6-2 win over Detroit on Wednesday that snapped the Tigers' five-game winning streak.

Sanchez (3-2) was coming off a 17-strikeout performance against Atlanta, and he fanned five in the first two innings against the Twins — but Minnesota scored two runs in the first and another in the second.

THE ASSOCIATED PRESS

Time will tell

"I think the real response will be once he gets a job."

Brooklyn Nets veteran Jerry Stackhouse on Jason Collins' recent announcement that he is gay. Collins, a 34-year-old journeyman, becomes a free agent on July 1 — meaning that he will first have to sign with an NBA team and wait until next season to see if teammates, coaches, opponents and fans will treat him any differently.

Senators captain Daniel Alfredsson, seen here at practice on Wednesday in Montreal, has tallied a whopping 103 points in 85 career regular-season games against the Canadiens. The first-round playoff series between Ottawa and Montreal gets underway on Thursday night at Bell Centre. RYAN REMIORZ/THE CANADIAN PRESS

Good Hab-it: Alfie brings it in Montreal

NHL playoffs. Sens captain takes history of lighting up Canadiens into first-round series

Daniel Alfredsson has been a Canadiens-killer since he began his career as an Ottawa Senator in 1995, but he has never played Montreal in the playoffs.

The 40-year-old will finally get that chance when the Senators and Canadiens face off for the first time in the post-season on Thursday night in the opening game of their best-of-seven NHL Eastern Conference quarter-final at the Bell Centre.

"It's going to be a great series because of the cities being so close to each other," Alfredsson said Wednesday. "Ottawa's a pretty new franchise compared to Montreal (founded in 1909).

"And before we had the team, people were either Toronto or Montreal fans, so we have a lot of Montreal fans in Ottawa and we're converting them one step at a time. Winning this series would probably go a long way to helping that."

A long, tight series of one-goal games is expected from the two quick-skating teams.

With eight players with 10 or more goals in the 48-game regular season, the Canadiens bring more scoring depth and one of the league's top power plays. Ottawa counters with the NHL's best penalty killing, thorough defensive play and a lot more size on the back end.

And they have the 40-year-old Alfredsson, who has amassed 103 points in 85 career games against the Canadiens.

"He's good and very smart on the ice," said Montreal winger Michael Ryder, whose line with Tomas Plekanec and Brian Gionta will likely be shadowing the Senators' captain. "But I think if we play the way we can and get into the offensive zone and use that to our advantage we'll be fine.

"But you've got to watch him when he's out there."

There has never been a heated rivalry between the clubs, largely because they had not met in the post-season since Ottawa joined as an expansion team in 1992-93, the year Montreal won the last of its record 24 Stanley Cups.

That is likely to change now that they are playing for keeps.

"Both teams are looking at doing whatever it takes to win games," said Alfredsson. "Usually, in a playoff series, incidents happen and rivalries get created because of it.

"I don't think we're looking to create a rivalry. We're looking to win a series and the rivalry will come with that."

THE CANADIAN PRESS

Neil-Prust: The rematch

Neil: Rough stuff 'right up my alley'

Another angle in the Senators-Canadiens series is the tough guys — Ottawa's Chris Neil and Montreal's Brandon Prust. They fought during last year's playoffs when Prust was with the New York Rangers.

"That's his job, to be physical, and he's one of the better ones at it in the league," Prust said of Neil.

"We're similar players," said Neil. "I look forward to the challenge, but it's right up my alley, that style of game."

4 SPORTS

Blackhawks' depth on display early in series against Wild

NHL playoffs. Chicago spins success from regular season into a first-round series lead

The Minnesota Wild got a terrific effort from Josh Harding in a tough spot. Ryan Suter helped Minnesota keep Chicago's high-powered attack in check, and the Wild still lost Game 1 to the Blackhawks.

The problem for Minnesota is the same one Chicago presented all season long to the rest of the NHL, and it could become even more important as the series moves forward.

The Blackhawks are so deep that it's tough to keep track of everyone.

Take the overtime goal in Tuesday night's playoff opener, which went to Chicago's third line. Or the ice time on the scoresheet, which showed a pretty even distribution for the Blackhawks compared to an astounding 41 minutes for Suter and 34 for fellow Wild defenceman Jonas Brodin.

Bryan Bickell reacts after scoring the game-winning goal in overtime for Chicago on Tuesday night. JIM PRISCHING/THE ASSOCIATED PRESS

"Every shift's critical, and it's important that you hold up your end of the bargain," Blackhawks coach Joel Quenneville said Wednesday. "Your depth's going to get challenged and I think we found out all year it was one of the strengths of our team. This year, in the playoffs, I don't think that's changed at all. Maybe it would even be that much more important."

Minnesota's depth was challenged when goalie Niklas Backstrom was scratched with a leg injury after he hurt himself while reaching for a puck as he warmed up for Game 1. Harding, who was diagnosed with multiple sclerosis last summer and played in just five games this season, responded with 35 saves.

THE ASSOCIATED PRESS

Bayern Munich finishes off stunning win over Barca

A fan hugs Franck Ribery after running onto the pitch following Bayern Munich's win over Barcelona in UEFA Champions League play on Wednesday. Munich beat a Barcelona side missing Lionel Messi 3-0 to seal a crushing 7-0 win on aggregate and line up the first all-German Champions League final against Borussia Dortmund. MIKE HEWITT/GETTY IMAGES

MLB

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The thorniest issue is the plan for a 6,000-square-foot video screen over left field, like those in most ballparks. The difference in Chicago is that the 99-year-old stadium is surrounded by privately owned clubs that have built rooftop bleachers and object to any changes to the park that could block their bird's-eye views.

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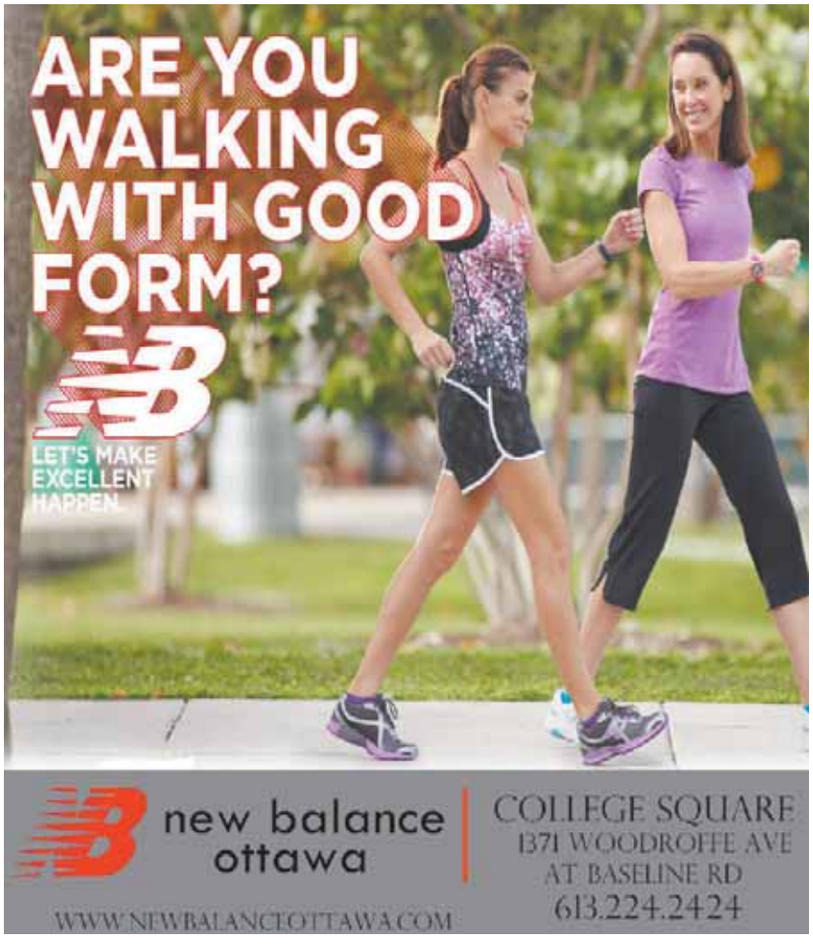


NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(BEST-OF-7 SERIES — All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)
(Miami wins 4-0)

NEW YORK (2) VS BOSTON (7)
(New York leads 3-1)
Wednesday's result
Boston at New York

INDIANA (3) VS ATLANTA (6)
(Series tied 2-2)
Wednesday's result
Atlanta at Indiana
Friday's game
Indiana at Atlanta, TBD

BROOKLYN (4) VS CHICAGO (5)
(Chicago leads 3-2)
Thursday's game
Brooklyn at Chicago, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) V HOUSTON (8)
(Oklahoma City leads 3-1)
Wednesday's result
Houston at Oklahoma City

SAN ANTONIO (2) VS L.A. LAKERS (7)
(San Antonio wins 4-0)

DENVER (3) VS GOLDEN STATE (6)
(Golden State leads 3-2)
Tuesday's result
Denver 107 Golden State 100
Thursday's game
Denver at Golden State, 10:30 p.m.
Saturday, May. 4
x-Golden State at Denver, TBD

L.A. CLIPPERS (4) VS MEMPHIS (5)
(Memphis leads 3-2)
Tuesday's result
Memphis 103 L.A. Clippers 93
Friday's game
L.A. Clippers at Memphis, TBD
Sunday's game
x-Memphis at L.A. Clippers, TBD
x — if necessary.

NHL PLAYOFFS

CONFERENCE QUARTER-FINALS

(BEST-OF-7 SERIES — All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)
(Series tied 0-0)
Wednesday's result
NY Islanders at Pittsburgh
Friday's game
NY Islanders at Pittsburgh, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)
Thursday's game
Ottawa at Montreal, 7 p.m.
Friday's game
Ottawa at Montreal, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)
Thursday's game
NY Rangers at Washington, 7:30 p.m.
Saturday's game
NY Rangers at Washington, 12:30 p.m.

BOSTON (4) VS. TORONTO (5)
(Series tied 0-0)
Wednesday's result
Toronto at Boston
Saturday's game
Toronto at Boston, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
(Chicago leads 1-0)
Tuesday's result
Chicago 2 Minnesota 1 (OT)
Friday's game
Minnesota at Chicago, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)
(Anaheim leads 1-0)
Tuesday's result
Anaheim 3 Detroit 1
Thursday's game
Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)
Wednesday's result
San Jose at Vancouver
Friday's game
San Jose at Vancouver, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)
(St. Louis leads 1-0)
Tuesday's result
St. Louis 2 Los Angeles 1 (OT)
Thursday's game
Los Angeles at St. Louis, 9:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	18	8	.692	—
New York	16	10	.615	2
Baltimore	16	11	.593	2½
Tampa Bay	12	14	.462	6
Toronto	**10**	**17**	**.370**	**8½**

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	14	10	.583	—
Detroit	15	11	.577	—
Minnesota	12	12	.500	2
Cleveland	11	13	.458	3
Chicago	10	15	.400	4½

WEST DIVISION

	W	L	Pct	GB
Texas	17	9	.654	—
Oakland	16	13	.552	2½
Seattle	12	17	.414	6½
Los Angeles	10	17	.370	7½
Houston	8	19	.296	9½

Wednesday's results
Minnesota 6 Detroit 2
L.A. Angels 5 Oakland 4
Philadelphia at Cleveland
Houston at N.Y. Yankees
Boston at **Toronto**
Chicago White Sox at Texas
Tampa Bay at Kansas City
Baltimore at Seattle
Tuesday's results
Toronto 9 Boston 7
Baltimore 7 Seattle 2
Texas 10 Chicago White Sox 6
Oakland 10 L.A. Angels 6
Kansas City 8 Tampa Bay 2
Cleveland 14 Philadelphia 2
N.Y. Yankees 7 Houston 4
Detroit 6 Minnesota 1

NATIONAL LEAGUE

Wednesday's results
N.Y. Mets 7 Miami 6
Pittsburgh 6 Milwaukee 4
St. Louis 4 Cincinnati 2
Washington at Atlanta
San Diego at Chicago Cubs
San Francisco at Arizona
Colorado at L.A. Dodgers

Horoscopes

♈ Aries
March 21 - April 20
Today's planetary picture urges you to enjoy the social side of life. You may have a long journey ahead of you but that does not mean you cannot pause to smell the flowers along the way.

♉ Taurus
April 21 - May 21
Why so uptight? Is it because you think a secret is being kept from you? It does not matter what the rest of the world is doing. It matters only what you are going to do next.

♊ Gemini
May 22 - June 21
You seem to be much in favour with loved ones and friends at the moment, which is good. But don't let their kind words and attention distract you from your most important tasks. There's work to be done.

♋ Cancer
June 22 - July 23
Try to relax and take setbacks in your stride. There will always be things that don't work out the way you want them to — you'll never change that. What you can change is your own attitude. Be confident.

♌ Leo
July 24 - Aug. 23
Someone you don't always get along with seems remarkably friendly at the moment. Is this a genuine change of heart or is it a trap? They just want to draw a line on the past.

♍ Virgo
Aug. 24 - Sept. 23
Is someone at work causing you grief? If so it may be a situation of your own making. Try not to be quite so competitive today. Co-operation is the key to success.

♎ Libra
Sept. 24 - Oct. 23
You seem to think that you alone know how to resolve a tricky situation. Maybe you do but it will still pay you to get other people involved, and that means listening to all opinions.

♏ Scorpio
Oct. 24 - Nov. 22
Now that Mercury has moved into your opposite sign, you should find it easier to reach out to people you know and those you will need to know to further your ambitions.

♐ Sagittarius
Nov. 23 - Dec. 21
It is always easy to see the worst in people but today you should look for the best in them. It's there, if you open your eyes wide enough to see. Look in the mirror and greet your own good side too.

♑ Capricorn
Dec. 22 - Jan. 20
If someone asks what you think of something they have done today, tell them you think it's fantastic, even if you don't. They could do with a confidence boost and you're just the one to give it to them.

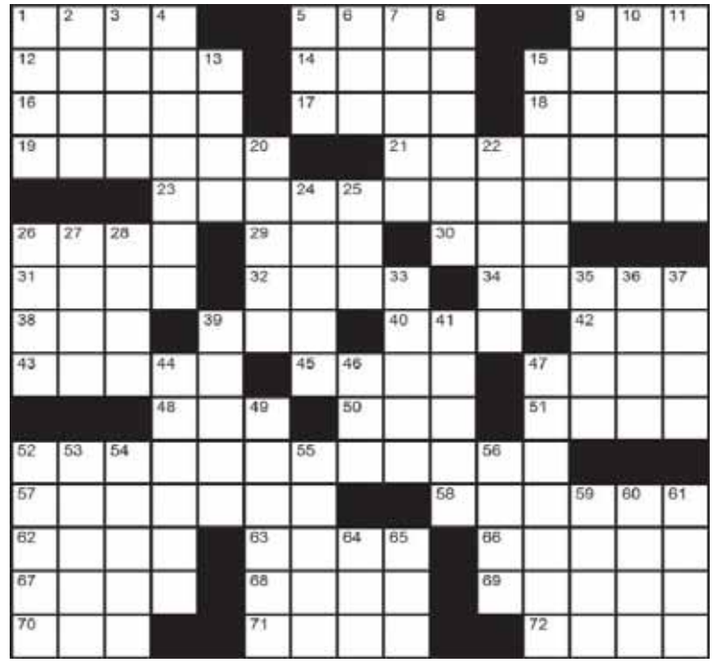
♒ Aquarius
Jan. 21 - Feb. 19
The trick you need to master now is making others believe you are not as smart as you are. If rivals underestimate what you can do, you may catch them off guard and beat them to the prize.

♓ Pisces
Feb. 20 - March 20
Modesty comes naturally to you and that's good because someone will go out of their way to talk you up. It's nice to be flattered, of course, but what is their motive? SALLY ROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

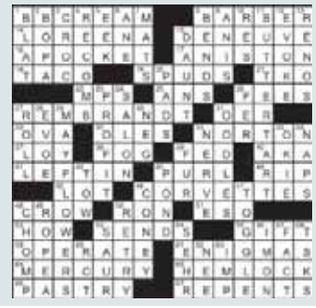
BY KELLY ANN BUCHANAN



Across
1. Catherine __ (Henry VIII's sixth/last wife)
5. Mr. Bunny
9. Some computers and printers, e.g.
12. "The Love Boat" bartender
14. Swedish furniture store
15. Hair: __ Plus 2 in 1
16. Flagstones-created retreat
17. Horse gait
18. Pinocchio, sometimes
19. Witch's works
21. "Umbrella" singer
23. #99: 2 wds.
26. Plant-growing pet
29. Thor Heyerdahl's raft, __-Tiki
30. Pastureland parent
31. TV classic, "I Love __"
32. The 'E' in QED
34. Archie Bunker's wife
38. Gone†by
39. Message regarding health or safety, e.g.
40. 'Dull' suffix
42. Thought something was groovy
43. High IQ society
45. Price __
47. Tapestry thread
48. Phone's 8 letters
50. Part, puny-ly
51. Chows down
52. Eastern mountains stretching The States to Quebec/Maritimes
57. __ Falls, Ontario
58. Second Cup servings
62. Great dancer Mr. Kelly
63. Exist
66. Single-named songstress
67. Decorated, as cupcakes
68. 'Persist' suffix
69. Mr. Savard, Hockey Hall of Famer
70. Snake-like splasher
71. Region [abbr.]
72. Think, archaically

Down
1. Singers for Gladys
2. Hurried office memo letters
3. Appraise
4. Canadian National __
5. Fragment
6. Kiev's li'l land
7. Christopher Plummer film role, Captain __ von Trapp
8. Form of comedy
9. Ketchup brand
10. Buffoonery
11. '80s rockabilly hit: "__ Cat Strut"
13. Coca-__
15. Gold-__
20. Comic actress Wanda
22. Shaped with an axe
24. Ms. Jones of song
25. 'Phenom' add-on
26. Beach sighting
27. Massive
28. PC picture
33. "Star Trek" star George
35. Light bulb meaning!
36. __ of hair
37. Tiny tallnesses
39. Ms. Abdul
41. Sceptre-holder's characteristic
44. Put on, as plays
46. Suffix with 'Ghoul'
47. Canadian airline
49. Scoundrel of yore
52. Rolling Stones ballad
53. Period __ (Historic flick)
54. __ of experts (TV debate show guests)
55. British actor Michael
56. Captures
59. Unit of pressure
60. Cogito __ sum (I think therefore I am)
61. Distort
64. Pre-DVD machine
65. Always, fancy-style

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3			1		4			8
9	1	6				4	3	5
		5	4		2	8		
8								2
		9	8		5	6		
1	7	4				9	8	3
2			7		8			6

Yesterday's Sudoku

5	1	2	4	9	8	6	7	3
9	8	7	6	3	2	1	4	5
3	6	4	7	1	5	2	8	9
2	4	8	3	5	9	7	6	1
1	3	9	2	6	7	4	5	8
6	7	5	8	4	1	9	3	2
8	5	1	9	7	6	3	2	4
4	9	6	5	2	3	8	1	7
7	2	3	1	8	4	5	9	6

Today
25°/13°
Variable

Friday
22°/11°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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